



JULY 2021 Don Mills

OUTDOOR TRAINING IS HERE! Look for the ☀️ on the schedule and join us in our 4000 sq/ft outdoor dojo!

HAPPY CANADA DAY - July 1 (please check dojo closures)

DO YOU KNOW SOMEONE THAT MIGHT BE INTERESTED IN TRAINING? Please have them email the dojo at donmills@northernkarate.com to book their free trial lesson.

SUN

MON

TUE

WED

THU

FRI




SAT

Remember to use your Northern Karate Schools - Don Mills Phone App! You will find everything you need to know to earn your next belt.


DOJO CLOSED
Happy Canada Day!
1


DOJO CLOSED
Canada Day
Long Weekend
2


DOJO CLOSED
Canada Day
Long Weekend
3

DOJO CLOSED 4	<i>STRIPE TESTING NOVICE/BBM</i> 5 DAY 1		<i>STRIPE TESTING NOVICE/BBM</i> 6 DAY 2		<i>STRIPE TESTING NOVICE/BBM</i> 7 DAY 3		<i>STRIPE TESTING NOVICE/BBM</i> 8 DAY 4		<i>STRIPE TESTING NOVICE/BBM</i> 9 DAY 5		<i>STRIPE TESTING NOVICE/BBM</i> 10 DAY 1	
DOJO CLOSED 11	<i>STRIPE TESTING PreMAS/MAS</i> 12 DAY 2		<i>STRIPE TESTING PreMAS/MAS</i> 13 DAY 3		<i>STRIPE TESTING PreMAS/MAS</i> 14 DAY 4		<i>STRIPE TESTING PreMAS/MAS</i> 15 DAY 5		<i>STRIPE TESTING PreMAS/MAS</i> 16 DAY 1		<i>STRIPE TESTING PreMAS/MAS</i> 17 DAY 2	
DOJO CLOSED 18	Boxing Drills - Movement & Hand drills 19 DAY 3		Tae Kwon Do - Kicks, Kicks, and more Kicks 20 DAY 4		KALI - Short stick 21 DAY 5		KATA KATA KATA 22 DAY 1		 Sparring Drills 23 DAY 2		Karate Cardio Conditioning 24 DAY 3	
DOJO CLOSED 25	REVIEW DAY 26 DAY 4		Exam Night  4:30-5:30 Jr's White - Adv Purple 7:30-8:30 Adults All Belts, Jr's testing for Brown & Adv Brown 27 Modified class schedule in effect		 Bag Work 28 DAY 1		Perfect Basics 29 DAY 2		Kata & Conditioning 30 DAY 3		Etiquette & Japanese Terminology Day 31 DAY 4	

Unless otherwise noted, all activities are conducted during regular class times.

This table shows you exactly what you will be working on in each class. You can also look at recordings of the class to review specific techniques!

	NOVICE & BBM	MASTERS & PreMASTERS		
Day 1	STRIPES 1,2	STRIPES 1,2	Tonfa	Kama
Day 2	STRIPES 2,3	STRIPES 3,4	Sai	Nunchaku
Day 3	STRIPES 3,4	STRIPES 5,6	Bo	Tekko
Day 4	STRIPES 4,5	STRIPES 7,8	Knife	Eku
Day 5	STRIPES 5,6	STRIPES 9,10	Stick	Bo