Northern Karate Schools
416 • 499 • 5555
1515 Steeles Avenue East

JULY 2021

Willowdale

July 1 - CANADA DAY CLOSED

MVP Camp Black Belt® July 5-9
Camp Black Belt® Week 1 July 12-16
Adult Camp (Mornings only) July 19-23

SUN	MON	TUE	WED	THU	FRI	SAT
				DOJO CLOSED *Canada Day* 1	**DOJO CLOSED** DAY 1 2	**DOJO CLOSED** DAY 2 3
DOJO CLOSED 4	**TEEN/LEADERSHIP CAMP** STRIPE WEEK *Kicks & chambers* DAY 4 5	**TEEN/LEADERSHIP CAMP** STRIPE WEEK *Self-defence* DAY 5 6	STRIPE WEEK *Kata conditioning* DAY 6 7	STRIPE WEEK *Etiquette & elbows* DAY 1 8	STRIPE WEEK *Basic drills* DAY 2 9	STRIPE WEEK *Blocks - Low, middle & high* DAY 3 10
11	**CAMP BLACK BELT®** *Self-defence & being a good attacker* DAY 5 12	**CAMP BLACK BELT®** *Kata* DAY 6 13	**CAMP BLACK BELT®** *Open hand vs closed fist* DAY 1 14	**CAMP BLACK BELT®** *Basic stances/blocks* DAY 2 15	*Partner exchange drills* DAY 3 16	*Ground drills* DAY 4 17
18	**ADULT CAMP MORNINGS ONLY** *Kata empty hand & Kobudo for masters* DAY 6 19	*Breakdown: Jab, cross, hook, uppercut* DAY 1 20	*Shuto & Nukite* DAY 2 21	*Sparring footwork* DAY 3 22	*Ground defence* DAY 4 23	***COLOURED BELT GRADING*** *10am in person & Zoom simulcast* 24
25	***X blocks*** DAY 1 26	***Clean turns & stances*** DAY 2 27	***Defending kicks*** DAY 3 28	***Breakfalls*** DAY 4 29	**DOJO CLOSED** 30	**DOJO CLOSED** For August long weekend 31

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

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Instagram: @team_nks