



# OCTOBER 2021

# Don Mills

**OUTDOOR TRAINING CONTINUES!** Outdoor training will still be available until the end of this month.

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

**THANKSGIVING DAY- OCTOBER 11** - Dojo closed.

**COSTUME DAY! OCTOBER 30** - WEAR YOUR COSTUME TO CLASS!

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.

FUNDamentals

Blocks & strikes

DAY 2

1

DAY 4

2

DOJO CLOSED <b>3</b>	STRIPE TESTING Novice/BBM					STRIPE TESTING Novice/BBM		STRIPE TESTING Novice/BBM		STRIPE TESTING Novice/BBM		
	DAY 5	4	DAY 1	5	DAY 2	6	DAY 3	7	DAY 4	8	DAY 5	9
DOJO CLOSED <b>10</b>	DOJO CLOSED <b>11</b>	STRIPE TESTING PreMAS/MAS				STRIPE TESTING PreMAS/MAS		STRIPE TESTING PreMAS/MAS		STRIPE TESTING PreMAS/MAS		
		DAY 1	12	DAY 2	13	DAY 3	14	DAY 4	15	DAY 5	16	
DOJO CLOSED <b>17</b>	Be a Sensei Day	Kicks, kicks, kicks	Conditioning day	Block & counter drills	Focus on footwork	Circuit training						
	DAY 1	18	DAY 2	19	DAY 3	20	DAY 4	21	DAY 5	22	DAY 1	23
DOJO CLOSED <b>24</b>	REVIEW DAY	Exam Night (GRADING OUTSIDE)	Timing	One & two step sparring drills	Japanese terminology	Wear your Halloween costume to class day!						
	DAY 2	25	DAY 3	27	DAY 4	28	DAY 5	29	DAY 1	30		
DOJO CLOSED <b>31</b>	NO REGULAR CLASSES		26	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					

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