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October 2021



Northern Karate Schools -Steeles Dojo








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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>We're happy to announce that we have extended our Bring a Buddy Promotion! Let a friend or family know that they can join you in class and both parties will benefit if your guest registers.</p> <p>*Please see flyer for details*</p>					<p>GROUND FIGHTING BASICS ¹</p>	<p>SAI VS BO ²</p>	
³	<p>SPARRING ⁴</p> 	<p>TONFA TUESDAY ⁵</p>	<p><i>SPEED + REACTION!</i> ⁶</p>	<p>TOUGHEN UP: BODY TESTING AND CONDITIONING ⁷</p>	<p>CURRICULUM SELF DEFENSE ⁸</p>	<p>DOJO CLOSED ⁹</p>	
¹⁰	<p>DOJO CLOSED HAPPY THANKSGIVING ¹¹</p>	¹²	<p>BO 101 ¹³</p>	¹⁴	¹⁵	¹⁶	
STRIPE WEEK STRIPE WEEK							
¹⁷	<p>18 FOR NISEISHI ¹⁸</p>	<p>SPARRING ¹⁹</p> 	<p>BALANCE + STABILITY ²⁰</p>	<p> ²¹ THRILLING TEKKO THURSDAY</p>	<p>ELBOWS + KNEES ²²</p> 	<p>IMPROVE YOUR KARATE USING DICE! ²³</p>	
²⁴	<p>CURRICULUM SELF DEFENSE ²⁵</p>	<p>TSUKEN TUESDAY: BO + OAR ²⁶</p>	<p>POUND THE PADS ²⁷</p>	<p>SPARRING ²⁸</p> 	<p>KNIFE FIGHTING FRIDAY ²⁹</p>	<p>GRADING ALL CLASSES CANCELLED ³⁰</p>	
³¹	<p>HAPPY HALLOWEEN</p>			<p>"PRACTICE ISN'T SOMETHING YOU DO ONCE YOU'RE GOOD. IT'S THE THING YOU DO THAT MAKES YOU GOOD."</p>			<p>"IN MARTIAL ARTS AND LIFE, YOU SHOULD MAKE A HABIT OF PUTTING YOUR ALL INTO EVERY LITTLE THING YOU DO."</p>

REMINDERS

DOJO CLOSED:

Sat. Oct 9th
Mon. Oct 11th

Thanksgiving Long Weekend

SPARRING DAYS:

Mon. Oct 4th
Tue. Oct 19th
Thurs. Oct 28th

Equipment Mandatory For Class

Weapons:

Students Purple Belt and Higher must always bring weapons to every class

Colour Belt Grading

Sat. Oct 30th

Confirmation emails will be sent out to all Graders prior to Grading date