

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

Northern Karate Schools
416 • 441 • 3648
865 York Mills Road Toronto, ON M3B 1Y6



NOVEMBER 2021

Don Mills

WELCOME BACK TO IN-DOJO TRAINING It's been a long journey. Please observe our **COVID protocols. Together we will keep our community safe.**

SUN	MON	TUE	WED	THU	FRI	SAT																														
	STRIPE TESTING <i>Novice/BBM</i> STRIPE TESTING <i>Novice/BBM</i> STRIPE TESTING <i>Novice/BBM</i> STRIPE TESTING <i>Novice/BBM</i> STRIPE TESTING <i>Novice/BBM</i>					Circuit Training 1 of 4																														
	DAY 1 1	DAY 2 2	DAY 3 3	DAY 4 4	DAY 5 5	DAY 1 6																														
DOJO CLOSED	STRIPE TESTING <i>PreMAS/MAS</i> STRIPE TESTING <i>PreMAS/MAS</i> STRIPE TESTING <i>PreMAS/MAS</i> STRIPE TESTING <i>PreMAS/MAS</i>					Circuit Training 2 of 4																														
7	DAY 2 8	DAY 3 9	DAY 4 10	DAY 5 11	DAY 1 12	DAY 2 13																														
DOJO CLOSED	Novice: Blocks & strikes BBM: Block & counter MAS: Speed & timing	Novice: Kicking fundamentals BBM: Offensive & defensive kicks MAS: Setting up your kicks	Novice: "DACHI" stances BBM: Stances & conditioning MAS: Advanced Kata drills (empty hand & Kobudo)	Novice: Target practice BBM: Sparring with pads MAS: Conditioning & pad work	Novice: Focus on punching BBM: Intermediate S/D MAS: Blending boxing with Karate	Circuit Training 3 of 4																														
14	DAY 3 15	DAY 4 16	DAY 5 17	DAY 1 18	DAY 2 19	DAY 3 20																														
DOJO CLOSED	Novice: Focus on side kicks BBM: Focus on correct chambering MAS: Kicking combos	Novice: Hit the target (pad drills) BBM: Large pad drills MAS: Focus pad training	Novice/BBM/MAS: Conditioning Day - Get ready for a workout	Novice: Kata basics BBM: Drilling Kata sections MAS: Kobudo	Novice: Self defence BBM: Breakfalls & takedowns MAS: Controls, locks & submissions	Circuit Training 4 of 4																														
21	DAY 4 22	DAY 5 23	DAY 1 24	DAY 2 25	DAY 3 26	DAY 4 27																														
DOJO CLOSED	REVIEW DAY	Back to basics	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!																																	
28	DAY 5 29	DAY 1 30	<table border="1"> <thead> <tr> <th></th> <th>NOVICE & BBM</th> <th>MASTERS & PreMASTERS</th> <th></th> <th></th> </tr> </thead> <tbody> <tr> <td>Day 1</td> <td>STRIPES 1,2</td> <td>STRIPES 1,2</td> <td>Tonfa</td> <td>Kama</td> </tr> <tr> <td>Day 2</td> <td>STRIPES 2,3</td> <td>STRIPES 3,4</td> <td>Sai</td> <td>Nunchaku</td> </tr> <tr> <td>Day 3</td> <td>STRIPES 3,4</td> <td>STRIPES 5,6</td> <td>Bo</td> <td>Tekko</td> </tr> <tr> <td>Day 4</td> <td>STRIPES 4,5</td> <td>STRIPES 7,8</td> <td>Knife</td> <td>Eku</td> </tr> <tr> <td>Day 5</td> <td>STRIPES 5,6</td> <td>STRIPES 9,10</td> <td>Stick</td> <td>Bo</td> </tr> </tbody> </table>					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
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Want to train with your friends? Email donmills@northernkarate.com and we will book them a FREE trial lesson.