



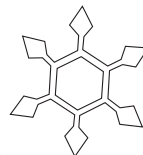
DECEMBER 2021 Don Mills

NORTHERN KARATE SCHOOLS DON MILLS CLOSED Dec 22 - Jan 2 (Classes resume Jan 3, 2022)

Winter Holiday & Dojo Maintenance. Happy Holidays from the NKS Team!

SUN	MON	TUE	WED	THU	FRI	SAT	
<div style="border: 1px solid black; border-radius: 15px; padding: 5px; width: fit-content;"> Remember to use your Northern Karate Schools - Don Mills Phone App! You will find everything you need to know to earn your next belt. </div>			STRIPE TESTING Novice/BBM DAY 2 1 DAY 3 2		STRIPE TESTING Novice/BBM DAY 4 3 DAY 5 4		
DOJO CLOSED 5	STRIPE TESTING Novice/BBM DAY 1 6	STRIPE TESTING Novice/BBM DAY 2 7	STRIPE TESTING PreMAS/MAS DAY 3 8	STRIPE TESTING PreMAS/MAS DAY 4 9	STRIPE TESTING PreMAS/MAS DAY 5 10	STRIPE TESTING PreMAS/MAS DAY 1 11 Circuit Training 2 of 4	
DOJO CLOSED 12	STRIPE TESTING PreMAS/MAS DAY 2 13	STRIPE TESTING PreMAS/MAS DAY 3 14	STRIPE TESTING PreMAS/MAS DAY 4 15	Novice: Focus on Punches BBM: Focus on Kicks MAS: Focus on Kihon DAY 5 16	Novice: Focus on Balance BBM: Focus on Speed MAS: Focus on Power DAY 1 17	Novice: Hit the WaveMasters BBM: Point sparring drills MAS: Kobudo-Mania DAY 2 18	
DOJO CLOSED 19	Novice: Movement in Stances BBM: Techniques to improve your kicks MAS: Flow drills DAY 3 20	Novice: Block & counter BBM: Smash the WaveMasters MAS: Conditioning Day (pound the pads) DAY 4 21	Novice: Balance & Kicks BBM: Block & Counter drills MAS: Drilling Kata sections DAY 5 22	Winter Holidays & Dojo Maintenance		DOJO CLOSED Christmas Eve 24	DOJO CLOSED Christmas 25
Winter Holidays & Dojo Maintenance		Winter Holidays & Dojo Maintenance		Winter Holidays & Dojo Maintenance		Winter Holidays & Dojo Maintenance	
DOJO CLOSED Kwanzaa 26	Winter Camp DOJO CLOSED 27	Winter Camp DOJO CLOSED 28	Winter Camp DOJO CLOSED 29	DOJO CLOSED 30	DOJO CLOSED New Years Eve 31	DOJO CLOSED Happy 2022 Jan 1-2	

Want to train with your friends? Email donmills@northernkarate.com and we will book them a FREE trial lesson.



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