



November 2021



Northern Karate Schools -Steeles Dojo



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 WEAPONS WORKSHOP	2 EVEN NUMBER KARATE	3 BO VS BO	4 DODGEBALL DRILLS	5 SPARRING 	6 Curriculum Self Defense
7	8	9 Kata Curriculum	10	11 Weapon Curriculum	12	13 ODD NUMBER KARATE
STRIPE WEEK STRIPE WEEK						
14	15 SPARRING 	16 Curriculum Self Defense	17 WEAPON ACCURACY	18 KREATE YOUR OWN KATA	19 FRIDAY NIGHT KAMA	20 WORK THE UPPER BODY
21	22 UNIQUE TECHNIQUES	23 SPARRING 	24 WORK THE LOWER BODY	25 SPEED GAMES!	26 TONFA VS BO	27 GRADING ALL CLASSES CANCELLED
28	29 NUNCHAKU NIGHT 	30 BREAKFALLS + GROUND TECHNIQUES	“If we overcome those enemies that attack us from within, we can attain a true victory over any attack from without.”			

REMINDERS

SPARRING DAYS:

Fri. Nov 5th
Mon. Nov 15th
Tues. Nov 23rd

Please remember to bring all equipment

Weapons Days:

Wed. Nov 3rd
Wed. Nov 17th
Fri. Nov 26th

Purple Belts and higher must bring weapons to every class

Colour Belt Grading

Sat. Nov 27th

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