



# January 2022

## Northern Karate Schools -Steeles Dojo



4350 Steeles Ave. West

www.northernkarate.com

905-856-4047

steeles@northernkarate.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>“The true science of martial arts means practicing them in such a way that they will be useful at any time, and to teach them in such a way that they will be useful in all things.”</b></p>						
2	3 <b>KICKS, KICKS AND MORE KICKS</b>	4 CURRICULUM SELF DEFENSE	5 <b>KRAZY KAMA</b> 	6 POUND THE PADS!	7 <b>SPARRING</b> 	8 <b>KARATE WITH WEIGHTS</b>
9	10	11	12 <b>BO 101</b>	13	14	15 <b>SUPERB SAI SATURDAY</b>
<b>STRIPE WEEK STRIPE WEEK</b>						
16	17 <b>SPARRING</b> 	18 <b>TONFA TUESDAY</b>	19  <b>STICK + KNIFE FIGHTING</b>	20 CURRICULUM SELF DEFENSE	21 <b>AGILITY DRILLS</b> 	22  <b>DODGEBALL DRILLS</b>
23	24 <b>JUMP + SPIN TECHNIQUES!</b>	25 <b>SPARRING</b> 	26  <b>TARGET PRACTICE</b>	27 <b>BELT DRILLS</b>	28 <b>LEARN A HIGHER KATA</b>	29 <b>GRADING ALL CLASSES CANCELLED</b>
30	31 	<p>We here at NKS Steeles would like to wish everyone a safe and happy holidays. We'd like to also thank everyone for their ongoing support through these challenging times.</p>				

### REMINDERS

**DOJO CLOSED:**

Sat. Jan 1st  
Sun. Jan 2nd

Regular Classes Resume  
Mon. Jan 3rd

### Sparring Days:

Fri. Jan 7th  
Mon. Jan 17th  
Tue. Jan 25th

Equipment is mandatory and students do not need to bring weapons on Sparring days

### GRADING

Sat. Jan 29th

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