



February 2022



Northern Karate Schools -Steeles Dojo



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 SPARRING 	2 SHORT WEAPONS	3 KATA'S WITH A TWIST	4 ELBOWS + KNEES 	5 Curriculum Self Defense
	6	7	8 Kata Curriculum	9	10	11 Weapon Curriculum
STRIPE WEEK STRIPE WEEK						
13	14 SPARRING 	15 FOCUS ON SPEED!	16 LONG WEAPONS	17 AGILITY LADDER WORK 	18 KATA ON PADS	19 SUPERB STANCE SATURDAY
20	21 FAMILY DAY DOJO CLOSED	22 TEKKO TUESDAY 	23 FOCUS ON POWER!	24 SPARRING 	25 CRAZY PAD COMBOS	26 GRADING ALL CLASSES CANCELLED
27	28 PRECISE PRESSURE POINTS	<p>“Pain doesn't tell you when you ought to stop. Pain is the little voice in your head that tries to hold you back because it knows if you continue, you will change.”</p> <p style="text-align: right;">- Kobe Bryant</p>				

REMINDERS

DOJO CLOSED:

Mon. Feb 21st

Family Day
Long Weekend

Sparring Days:

Tues. Feb 1st
Mon. Feb 14th
Thurs. Feb 24th

Yellow Belts and higher
all gear is mandatory.

Weapons Days:

All Purple Belts and
higher must bring
weapons to every class,
aside from sparring

GRADING

Sat. Feb 26th

Confirmation emails will
be sent out prior to
Grading date