



# Northern Karate Schools

865 York Mills Rd. Toronto, ON M3B 1Y6

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Effective January 2022

	TUE	WED	THU		SAT
	5:25-5:55pm White & Yellow	5:25-6:10pm PreMAS & MAS	5:25-6:00pm Orange, Green & Blue		10:45-11:15am FAMILY White & Yellow
	6:00-6:35pm Orange, Green & Blue	6:15-6:45pm White & Yellow	6:05-6:50pm PreMAS & MAS		11:20-12:00pm FAMILY Orange, Green & Blue
	6:40-7:25pm PreMAS & MAS	6:50-7:25pm Orange, Green & Blue	6:55-7:25pm White & Yellow		12:15-1:15pm FAMILY PreMAS & MAS

**\* To enhance our Covid protocols, we have installed sliding windows and a high quality air filter to increase fresh air circulation.**

Novice = White and Adv White Belts  
 BBM = Yellow Belts to Adv Blue Belts  
 PreMAS = Purple and Adv Purple Belts  
 MAS = All ranks of Brown and Black Belts  
 Youth = Ages 12 - 17  
 Adults = 18 years & up  
 Family = All ages may attend

**Questions? Email us at  
 donmills@northernkarate.com**

**ZOOM FAMILY CLASS SCHEDULE** 

Please note - schedule may change without notice as health conditions dictate.

1. THESE CLASSES WILL TEACH YOU HOW TO PRACTICE MORE EFFECTIVELY AT HOME.
2. DRESS CODE - ALWAYS WEAR YOUR KARATE UNIFORM AND BELT.
3. KEEP YOUR WATER BOTTLE, SPARRING GEAR AND WEAPONS NEARBY.
4. CLEAR YOUR TRAINING AREA AND ADJUST YOUR CAMERA SO THE TEACHER CAN SEE YOUR STANCES AND UPPER BODY TECHNIQUES.
5. PLEASE DISPLAY YOUR FIRST NAME, BELT COLOUR AND # OF STRIPES (e.g. Jim/white/4).
6. DOWNLOAD OUR APP (NKS-DON MILLS) TO REVIEW SYLLABUS REQUIREMENTS, SCHEDULES, CALENDARS AND SO MUCH MORE
7. NEED HELP? EMAIL US TO REQUEST A SUPPORT CLASS

**FOLLOW US ON FACEBOOK  
 (NORTHERN KARATE SCHOOLS - DON MILLS)  
 AND INSTAGRAM @NKSDM**

**THANK YOU FOR YOUR SUPPORT IN THESE DIFFICULT TIMES. OUR COMMUNITY REMAINS STRONG AND WE WILL PREVAIL.**