



JANUARY 2022

Don Mills

HAPPY NEW YEAR! Make 2022 memorable by sharing the benefits of Karate with your family and friends. Members, refer a friend or family member to our dojo and when they enrol in one of our regular programs you will receive a free month + NKS gift.

SATURDAY JANUARY 29 - Exclusive Youth/Adult Black Belt workshop with National Director, 10th Degree Black Belt, NKS Founder Hanshi Cezar Borkowski (8am) - Kobudo & Bunkai / Oyo (9:05am)

SUN

MON

TUE

WED

THU

FRI

SAT


Remember to use your Northern Karate Schools - Don Mills Phone App! You will find everything you need to know to earn your next belt.

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

DOJO CLOSED
Happy New Year! 2022

DAY 5

1

DOJO CLOSED	ONLINE CLASSES ONLY		ONLINE CLASSES ONLY		ONLINE CLASSES ONLY		ONLINE CLASSES ONLY						
	2	3	4	5	6	7	8	8					
DOJO CLOSED	STRIPE WEEK		STRIPE WEEK		STRIPE WEEK		STRIPE WEEK						
9	DAY 2	10	DAY 3	11	DAY 4	12	DAY 5	13	DAY 1	14	DAY 2	15	
DOJO CLOSED	SPARRING WEEK		SPARRING WEEK		SPARRING WEEK		SPARRING WEEK		SPARRING WEEK		SPARRING WEEK		
	Footwork - Point sparring		Control the distance		Hand techniques - Point sparring		Scoring with kicks		Counter drills		Setting up the point		
16	DAY 3	17	DAY 4	18	DAY 5	19	DAY 1	20	DAY 2	21	DAY 3	22	
DOJO CLOSED	KATA WEEK		KATA WEEK		KATA WEEK		KATA WEEK		KATA WEEK		KATA WEEK		
	'Bunkai' applications		Adding 'Kime' to your Kata		Drilling 'Kihon' fundamentals		'Dachi' stances & movement		Drilling sections - Timing		EXCLUSIVE		
23	DAY 4	24	DAY 5	25	DAY 1	26	DAY 2	27	DAY 3	28	 Youth/Adult Black Belt workshop w/ National Director 10th Degree Black Belt NKS Founder Hanshi Cezar Borkowski		
DOJO CLOSED	Conditioning to improve your karate		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!										
	30	DAY 4	31	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				29	

8am - Kobudo & Bunkai / Oyo (9:05am)