



Northern Karate Schools -Steeles Dojo







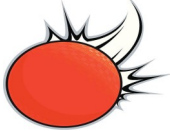







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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
"IN MARTIAL ARTS AND LIFE, YOU SHOULD MAKE A HABIT OF PUTTING YOUR ALL INTO EVERY LITTLE THING YOU DO."		 1 THAI PAD TUESDAY	2 KNIFE 101	3 KARATE WITH RACKETS + PING PONG BALLS	4 SPARRING 	5 KARATE WITH WEIGHTS
6	7	8 Kata Curriculum	9	10 Weapon Curriculum	11	12 SPARRING 
STRIPE WEEK STRIPE WEEK						
13	14 SOLID STICK DEFENSE	15 NUNCHAKU NIGHT 	16 BELLYPAD BLAST  	17 Curriculum Self Defense	18 BELT DRILLS	19  DODGEBALL DRILLS
20	21 SPARRING 	22 ROLLS + BREAKFALLS	23 WAYBACK WEDNESDAY: RETRO TRAINING	24  KRAZY KAMA	25 FOCUS MITT FRIDAY 	26 LINE DRILLS LINE DRILLS LINE DRILLS LINE DRILLS
27	28 JUMP, SKIP + SPIN KICKS 	29 SPARRING 	30 Curriculum Self Defense	31 GRADING ALL CLASSES CANCELLED	"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. Mar 4th
 Sat. Mar 12th
 Mon. Mar 21st
 Tues. Mar 29th

Yellow Belts and higher, all gear is mandatory

Purple Belts and higher must bring weapons to every class, except for Sparring days.

Colour Belt Grading

Thurs. Mar 31st

Confirmation emails with times and information will be sent out prior to Grading date.