



Northern Karate Schools

865 York Mills Rd. Toronto, ON M3B 1Y6

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Effective April 2022

MON	TUE	WED	THU	FRI	SAT
6:30am YOUTH/ADULT Open Mat			6:30am YOUTH/ADULT Open Mat		7:30am Tai Chi Foundations
	12:00-1:00pm YOUTH/ADULT All Belts		12:00-1:00pm YOUTH/ADULT All Belts		8:00am YOUTH/ADULT Nidan & Up
4:30pm FAMILY White 3-7 years	4:30pm FAMILY Blue & PreMAS	4:30pm FAMILY White 3-7 years	4:30pm FAMILY Blue & PreMAS	4:30pm FAMILY White Belts	9:15am FAMILY PreMas & MAS Kobudo
5:00pm FAMILY Yellow / Orange / Green	5:15pm FAMILY Masters	5:00pm FAMILY Yellow / Orange / Green	5:15pm FAMILY Masters	5:15pm FAMILY Yellow / Orange	10:00am FAMILY White 3-7 years
5:30pm FAMILY Blue & PreMAS	6:00pm White 7-11 years	5:30pm FAMILY Blue & PreMAS	6:00pm FAMILY White 7-11 years	5:45pm FAMILY Green / Blue	10:30am FAMILY White 7-11 years
6:15pm FAMILY MASTERS	6:30pm FAMILY Yellow / Orange / Green	6:15pm FAMILY MASTERS	6:30pm FAMILY Yellow / Orange / Green	6:15pm FAMILY PreMAS & MAS	11:00-11:45am FAMILY Yellow / Orange / Green
7:00-7:30pm FAMILY White 7-11 years	7:00-7:30pm FAMILY White 3-7 years	7:00-7:30pm FAMILY White 7-11 years	7:00-7:30pm FAMILY White 3-7 years	7:00-7:30pm FAMILY White Belts	11:45am FAMILY Blue & PreMAS
7:45pm YOUTH/ADULT Nidan & Up	7:45pm YOUTH/ADULT All Belts	7:45pm YOUTH/ADULT Nidan & Up	7:45pm YOUTH/ADULT All Belts	7:45pm YOUTH/ADULT Black Belts	12:30pm FAMILY MASTERS
8:45pm YOUTH/ADULT All Belts	8:45pm YOUTH/ADULT MAS - Kobudo	8:45pm YOUTH/ADULT All Belts	8:45pm YOUTH/ADULT MAS - Kobudo	8:45pm YOUTH/ADULT All Belts	1:30pm YOUTH/ADULT All Belts
					2:30pm YOUTH/ADULT Demo Teams

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

IN PERSON CLASS SCHEDULE

PLEASE NOTE SCHEDULE & PROTOCOLS
MAY CHANGE WITHOUT NOTICE

Please show respect to your teachers and fellow students by observing the following rules and protocols designed to enhance our service by creating a safe environment.

During this transition period masks are preferred indoors.

Please observe Covid protocols as directed by staff

Students may attend three classes per week
- no reservations required

Enter the dojo from the front door - exit through rear door

Arrive wearing your uniform - change rooms are not available

Washroom facilities are available

THANK YOU FOR SUPPORTING OUR DOJO COMMUNITY

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

FAMILY = Parents & children (un-accompanied children may also attend)
YOUTH/ADULT = Minimum age 12
ALL BELTS = White belt to Black belt
ALL BELTS = White - 30 mins
ALL BELTS = Yellow to Blue - 45 mins
ALL BELTS = Purple to Black - 60 mins
NIDAN & Up = Black belts 2nd degree and higher
PreMAS = PreMASTERS = Purple belts
MAS = MASTERS = Brown and Black belts
KOBUDO = Focus on weapons
DEMO TEAMS = MAS by invitation. Ask about auditions



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	TUE	WED	THU		SAT
	4:30-5:00pm White/Yellow	4:30-5:00pm Green/Blue	4:30-5:00pm Blue		8:00am NIDAN & UP
	5:05-5:35pm Orange/Green	5:05-5:35pm PreMAS	4:30-5:15pm PreMAS		9:15am KOBUDO PreMAS & MASTERS
	5:05-5:45pm Blue	5:05-5:50pm MASTERS	4:30-5:30pm MASTERS		
	5:50-6:30pm PreMAS	5:55-6:25pm White/Yellow	5:35-6:10pm Orange/Green		
	5:50-6:40pm MASTERS	6:30-7:00pm Orange/Green /Blue	6:15-6:45pm White/Yellow		
	5:50-6:50pm BLACK BELTS				

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 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.

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