



APRIL 2022

Don Mills

APRIL 1: SUMMER CAMP REGISTRATION BEGINS (Space is limited!)

APRIL 30: PARENTS NIGHT OUT (Online registration required to attend)

JUNIORS ALL BELTS - FRIENDSHIP TOURNAMENT IN MAY! - TOURNAMENT PREP EVERY DAY FOR THE WHOLE MONTH OF APRIL

SUN	MON	TUE	WED	THU	FRI	SAT	
					REVIEW DAY DAY 1	Home Practice Tips DAY 2	
			Remember to use your Northern Karate Schools - Don Mills Phone App! You will find everything you need to know to earn your next belt.			1	2
DOJO CLOSED 3	STRIPE WEEK NOVICE/BBM		STRIPE WEEK NOVICE/BBM		STRIPE WEEK NOVICE/BBM		
DAY 3	4	DAY 4	5	DAY 5	6	DAY 1	
					7	DAY 2	
DOJO CLOSED 10	STRIPE WEEK PreMAS/MAS		STRIPE WEEK PreMAS/MAS		STRIPE WEEK PreMAS/MAS		
DAY 4	11	DAY 5	12	DAY 1	13	DAY 2	
						14	
DOJO CLOSED 17	DOJO CLOSED Easter Monday	NOVICE: Kicking 101 Intermediate: Kicking combinations Advanced: Self-defence against kicks	NOVICE: Block & counter Intermediate: Sparring - Block & counter Advanced: Sparring - Counter drills	NOVICE: Stance & Leg conditioning Intermediate: Movement in stances & leg conditioning Advanced: Transition stances & leg conditioning	NOVICE: Pad drills Intermediate: Focus pad drills Advanced: Mixing boxing with Karate	NOVICE: Basics S/D Intermediate: Intermediate S/D (block & counter) Advanced: S/D against grabs & holds	
DAY 5	18	DAY 1	19	DAY 2	20	DAY 3	
						21	
DOJO CLOSED 24	NOVICE: FUNdamentals Intermediate: Drilling Kata sections Advanced: Kata & Bunkai	NOVICE: Power pads Intermediate: Break falls Advanced: Sai	NOVICE: Reverse punch drills Intermediate: Distance sparring drills Advanced: Scoring the point	NOVICE: Sharp basics Intermediate: Kata & timing Advanced: Kobudo	NOVICE: Focus pad drills Intermediate & Advanced: Sparring drills	Colour Belt Exam Testing will be done during regular scheduled classes <i>ALL CLASSES RESUME AS SCHEDULED</i>	
DAY 1	25	DAY 2	26	DAY 3	27	DAY 4	
						28	
						DAY 5	
						29	
						Parents Night Out Online registration required to attend	
						DAY 1	
						30	

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!

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

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