



JUNE 2022

Don Mills

CELEBRATING ALL DADS - IN JUNE, DADS TRAIN FREE!! - Book your first trial class by emailing donmills@northernkarate.com

JUNE 11: BLACK BELT GRADUATION - ALL CLASSES CANCELLED TO SUPPORT THOSE TESTING FOR BLACK BELT - YORK U

JUNE 18: JUNIORS MOVIE NIGHT - Online registration required to attend

JUNE 25: TEENS SOCIAL NIGHT - Online registration required to attend

SUN	MON	TUE	WED	THU	FRI	SAT
			Sparring Week		Sparring Week	
			Footwork & hand techniques DAY 3	Footwork & kicks DAY 4	Blocks & counters DAY 5	Scoring the point DAY 1
			1	2	3	4
DOJO CLOSED	STRIPE WEEK STRIPE WEEK STRIPE WEEK STRIPE WEEK S					Black Belt Graduation @York U
5	NOVICE/BBM STRIPE WEEK NOVICE/BBM STRIPE WEEK NOV					ALL CLASSES CANCELLED
DAY 2	6	DAY 3	7	DAY 4	8	DAY 5
	9	DAY 1	10	DAY 2	11	DAY 3
DOJO CLOSED	STRIPE WEEK STRIPE WEEK STRIPE WEEK STRIPE WEEK STRIPE WEEK					Juniors Movie Night
12	PreMAS/MAS STRIPE WEEK PreMAS/MAS STRIPE WEEK PreMAS/MAS ST					Online registration required to attend
DAY 3	13	DAY 4	14	DAY 5	15	DAY 1
	16	DAY 2	17	DAY 3	18	DAY 4
DOJO CLOSED Happy Father's Day!	Combat & conditioning	Drill to improve your kicks	Pound the pads	Kata & Bunkai	Fun focus pad drills	Colour Belt Exam
19	20	21	22	23	24	Testing will be done during regular scheduled classes
DAY 4	DAY 5	DAY 1	DAY 2	DAY 3	DAY 4	ALL CLASSES RESUME AS SCHEDULED
DOJO CLOSED	Sparring Week		Sparring Week		Sparring Week	
26	Block & counter drills	Closing the distance - Scoring with kicks	Set-ups & fakes	Point sparring drills		
DAY 5	27	DAY 1	28	DAY 2	29	DAY 3
	30	DAY 4	25	Teen social night		
			Online registration required to attend			DAY 4

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!

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

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.