



June 2022



Northern Karate Schools -Steeles Dojo



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"Martial Arts has the ability to change lives, to turn weakness into strength, to mold fear into courage, and to transform the ordinary into the extraordinary."</p>			<p>1 CARDIO KARATE</p>	<p>2 SPARRING </p>	<p>3 Obstacle Course </p>	<p>4 Curriculum Self Defense</p>
5	6	7 Kata Curriculum	8	9 Weapon Curriculum	10	11 BLACK BELT GRAD @YORK U 2:00PM
STRIPE WEEK STRIPE WEEK						
12	13 LET THE 2022 NKS GAMES BEGIN!	14 THAI PAD TUESDAY	SUMMER CAMP SNEAK PEEK	16 THRILLING TEKKO THURSDAY	17 HIGHER KATA SNEAK PEEK	18 FATHER'S DAY BRING YOUR DAD TO CLASS
19	20 SPARRING 	STUDENT APPRECIATION DAY!	22 Curriculum Self Defense	23 HECTIC HANDPADS	24 ROLLS + BREAKFALLS 	25 CARD + DICE DRILLS
26	27 JUMP KICKS TO INFINITY AND BEYOND! 	28 SPARRING 	29 WACKY T-SHIRT WEDNESDAY	30 GRADING ALL CLASSES CANCELLED	BLACK BELT GRADUATION Saturday, June 11th @YORK U 2:00PM Come support your fellow peers and teachers!	

REMINDERS

SPARRING DATES:

Thurs. June 2nd
Sat. June 11th
Mon. June 20th
Tues. June 28th

All Equipment is Mandatory

FATHER'S DAY:

Sat. June 18th

Bring your dad to class!

Colour Belt Grading

Wed. June 30th

No regular classes for students who do not have 2 red stripes. Invitation emails will be sent out prior to the Grading date.