



July 2022

Northern Karate Schools -Steeles Dojo



4350 Steeles Ave. W

www.northernkarate.com

905-856-4047

steeles@northernkarate.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"The black belt is the end for those who want to achieve it, and a beginning for those who want to understand it."</p>			<p>Registration for our August Summer Camp is still open but filling up quickly. Last day to register is July 30th!</p>		<p>CANADA DAY DOJO CLOSED</p>	<p>DOJO CLOSED</p>
3	4	5 Kata Curriculum	6	7 Weapon Curriculum	8	9 SAI SATURDAY
<h1>STRIPE WEEK STRIPE WEEK</h1>						
10	11 SPARRING 	12 Curriculum Self Defense	13 KATA: 5-COUNT + TO THE RIGHT	14 LINE DRILLS LINE DRILLS LINE DRILLS LINE DRILLS	15 NUNCHAKU NIGHT 	16 CIRCUIT TRAINING
17	18 PRECISE PRESSURE POINTS 	19 SPARRING 	20 TARGET PRACTICE WITH BO 	21 Curriculum Self Defense	22 FOCUS MITT FRIDAY 	23 AGILITY LADDER DRILLS
24	25 KATA'S WITH A TWIST	26 TONFA TUESDAY 	27 WORK YOUR KICKS WITH STATIONS 	28 SPARRING 	29 KNIFE DEFENSE 	30 GRADING ALL CLASSES CANCELLED
31						

REMINDERS

DOJO CLOSED:

Canada Day

Fri. July 1st
Sat. July 2nd

Regular classes Resume
Mon. July 4th

SPARRING DAYS:

Mon. July 11th
Tues. July 19th
Thurs. July 28th

All Equipment Mandatory

Colour Belt Grading

Sat. July 30th

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