




# SEPTEMBER 2022

## Don Mills

**SUNDAY, SEPTEMBER 25th 2022 - NORTHERN KARATE SEMINARS - PreMas/MAS ONLY!** In support of Northern Karate Schools' 50th Anniversary, don't miss the opportunity to learn from Northern Karate Schools senior instructors from across the GTA! Locations: NKS Maple (Teen/Adults), NKS Markham (12 & under). See office for details and to register!

SUN	MON	TUE	WED	THU	FRI	SAT																										
<b>PARENTS NIGHT OUT - SEPT 24TH:</b> 5pm-8pm (online registration required to attend) <b>DOJO CLOSURE - SEPTEMBER 1-5.</b> CLASSES RESUME ON THE 6TH				DOJO CLOSED <b>1</b>	DOJO CLOSED <b>2</b>	DOJO CLOSED <b>3</b>																										
DOJO CLOSED <b>4</b>	DOJO CLOSED <b>5</b>	<b>STRIPE WEEK NOVICE/BBM</b> Focus on kicks DAY 1 <b>6</b>		<b>STRIPE WEEK NOVICE/BBM</b> Focus on strikes DAY 2 <b>7</b>		<b>STRIPE WEEK NOVICE/BBM</b> Focus on stances DAY 3 <b>8</b>		<b>STRIPE WEEK NOVICE/BBM</b> Focus on pads & conditioning DAY 4 <b>9</b>		<b>STRIPE WEEK NOVICE/BBM</b> Focus on movement DAY 5 <b>10</b>																						
DOJO CLOSED <b>11</b>	<b>STRIPE WEEK PreMAS/MAS</b> Focus on kicks DAY 1 <b>12</b>		<b>STRIPE WEEK PreMAS/MAS</b> Focus on blocking & striking DAY 2 <b>13</b>		<b>STRIPE WEEK PreMAS/MAS</b> Focus on breakfalls DAY 3 <b>14</b>		<b>STRIPE WEEK PreMAS/MAS</b> Focus on basics DAY 4 <b>15</b>		<b>STRIPE WEEK PreMAS/MAS</b> Focus on timing DAY 5 <b>16</b>		<b>STRIPE WEEK PreMAS/MAS</b> Focus on technique & speed DAY 1 <b>17</b>																					
DOJO CLOSED <b>18</b>	<b>Sparring &amp; Conditioning Week</b> Footwork & controlling the distance DAY 2 <b>19</b>			<b>Sparring &amp; Conditioning Week</b> Blocking & countering DAY 3 <b>20</b>		<b>Sparring &amp; Conditioning Week</b> Setting up your opponent DAY 4 <b>21</b>		<b>Sparring &amp; Conditioning Week</b> Scoring the point DAY 5 <b>22</b>		<b>Sparring &amp; Conditioning Week</b> Offensive drills DAY 1 <b>23</b>																						
<b>SPECIAL NKS Seminars</b> NKS Maple (Teen/Adult) NKS Markham (12 & under)  See office for details and to register!  	<b>Kata &amp; Conditioning Week</b> Timing & speed DAY 3 <b>26</b>					<b>Kata &amp; Conditioning Week</b> Drilling sections DAY 4 <b>27</b>		<b>Kata &amp; Conditioning Week</b> Focus on spirit "KIAI" DAY 5 <b>28</b>		<b>Kata &amp; Conditioning Week</b> Movement in stances DAY 1 <b>29</b>		<b>Kata &amp; Conditioning Week</b> Drills to improve Kata performance DAY 2 <b>30</b>																				
	<b>Parents Night Out 5-8pm</b> Registration online required to attend  <b>Colour Belt Exam</b> Testing will be done during regular scheduled classes ALL CLASSES RESUME AS SCHEDULED DAY 2 <b>24</b>		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!																													
<table border="1"> <thead> <tr> <th>NOVICE &amp; BBM</th> <th colspan="2">MASTERS &amp; PreMASTERS</th> </tr> </thead> <tbody> <tr> <td>Day 1 STRIPES 1,2</td> <td>STRIPES 1,2</td> <td>Tonfa</td> <td>Kama</td> </tr> <tr> <td>Day 2 STRIPES 2,3</td> <td>STRIPES 3,4</td> <td>Sai</td> <td>Nunchaku</td> </tr> <tr> <td>Day 3 STRIPES 3,4</td> <td>STRIPES 5,6</td> <td>Bo</td> <td>Tekko</td> </tr> <tr> <td>Day 4 STRIPES 4,5</td> <td>STRIPES 7,8</td> <td>Knife</td> <td>Ekus</td> </tr> <tr> <td>Day 5 STRIPES 5,6</td> <td>STRIPES 9,10</td> <td>Stick</td> <td>Bo</td> </tr> </tbody> </table>					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	Ekus	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.				
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Want to train with your friends? Email donmills@northernkarate.com and we will book them a FREE trial lesson.