



# November 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                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| <b>SAT. NOV 26TH:</b><br>York University- Tait Mckenzie<br>NKS Best of the Best Seminar:<br>11:00am-1:00pm<br>NKS Black Belt Grad:<br>2:00pm |                                                                                                                     |  1<br><b>KNOW THE KNIFE: DEFENSE</b> |  2<br><b>WONDERFUL SAI WEDNESDAY</b> | 3<br>Curriculum Self Defense                                                                                                                                            | 4<br><b>SPARRING</b><br>                                                                                                                                                                                                                                                          | 5<br><b>BELLYPAD BLAST</b><br> |
| 6                                                                                                                                            | 7                                                                                                                   | 8<br>Kata Curriculum                                                                                                  | 9                                                                                                                     | 10<br>Weapon Curriculum                                                                                                                                                 | 11                                                                                                                                                                                                                                                                                                                                                                   | 12<br><b>SPARRING</b><br>      |
| <b>STRIPE WEEK STRIPE WEEK</b>                                                                                                               |                                                                                                                     |                                                                                                                       |                                                                                                                       |                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                   |
| 13                                                                                                                                           | 14<br>PRECISE PRESSURE POINTS                                                                                       | 15<br>Effective Strikes & Kicks                                                                                       | 16<br>DEFENSE USING MAGAZINES                                                                                         | 17<br>ESCAPING GRABS                                                                                                                                                    | 18<br>STREET DEFENSE                                                                                                                                                                                                                                                                                                                                                 | 19<br>Curriculum Self Defense                                                                                     |
| <b>Bullying Awareness Week</b>                                                                                                               |                                                                                                                     |                                                                                                                       |                                                                                                                       | <b>Bullying Awareness Week</b>                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                   |
| 20                                                                                                                                           | 21<br><b>SPARRING</b><br>        | 22<br>Curriculum Self Defense                                                                                         | 23<br><br>KOOL KAMA                | 24<br>24 FOR NIJUSHIHO                                                                                                                                                  | <div style="display: flex; justify-content: space-between;"> <div style="background-color: green; color: white; padding: 5px; border: 2px solid black;"> <b>NKS 50TH GALA DOJO CLOSED</b> </div> <div style="background-color: yellow; color: black; padding: 5px; border: 2px solid black;"> <b>NKS BLACK BELT GRAD + MASTER SEMINARS DOJO CLOSED</b> </div> </div> |                                                                                                                   |
| 27                                                                                                                                           | 28<br><br>MIGHTY NUNCHAKU MONDAY | 29<br><b>SPARRING</b><br>          | 30<br>GRADING ALL CLASSES CANCELLED                                                                                   | <b>BULLYING AWARENESS WEEK:</b><br>Bring a non-NKS guest to take topic specific classes with discussions on Bullying Awareness.<br>Please see office staff for details. |                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                   |

### REMINDERS

#### DOJO CLOSED:

Fri. Nov 25th  
Sat. Nov 26th

NKS 50th Celebration, Seminar and Black Belt Graduation @ York University

#### SPARRING DAYS:

Fri. Nov 4th  
Sat. Nov 12th  
Mon. Nov 21st  
Tues. Nov 29th

All equipment is Mandatory

#### Colour Belt Grading:

Wed. Nov 30th

No regular classes for students without two red stripes. Invitation emails will be sent out prior to Grading