



# NOVEMBER 2022

## Don Mills

**HAPPY NOVEMBER EVERYONE!**

**DON'T FORGET TO LOG IN EVERY TIME YOU TRAIN**

**KARATE BEGINS AND ENDS WITH RESPECT** - Students don't forget to bow in and out of the dojo

**NOVEMBER 26** - York University, Black Belt Workshops 11am-1pm (FREE, online registration required), 2pm Black belt Graduation

SUN	MON	TUE	WED	THU	FRI	SAT
Remember to use your Northern Karate Schools - Don Mills Phone App! You will find everything you need to know to earn your next belt.						
		<b>STRIPE WEEK NOVICE/BBM</b> Focus on kicks DAY 2 <b>1</b> DAY 3		<b>STRIPE WEEK NOVICE/BBM</b> Focus on blocks & strikes DAY 4 <b>2</b> DAY 5		<b>STRIPE WEEK</b> Focus on technique, speed & timing DAY 4 <b>3</b> DAY 5
		<b>STRIPE WEEK NOVICE/BBM</b> Focus on Kata sections DAY 5 <b>4</b> DAY 1		<b>STRIPE WEEK</b> Focus on movement & stances DAY 1 <b>5</b> DAY 2		
<b>DOJO CLOSED</b>	<b>STRIPE WEEK PreMAS/MAS</b> Focus on kicks DAY 2 <b>6</b> DAY 3		<b>STRIPE WEEK PreMAS/MAS</b> Focus on blocks & strikes DAY 3 <b>7</b> DAY 4		<b>STRIPE WEEK PreMAS/MAS</b> Focus on spirit DAY 4 <b>8</b> DAY 5	
	<b>STRIPE WEEK PreMAS/MAS</b> Focus on partner drills DAY 5 <b>9</b> DAY 1		<b>STRIPE WEEK PreMAS/MAS</b> Focus on conditioning & strikes DAY 1 <b>10</b> DAY 2		<b>STRIPE WEEK PreMAS/MAS</b> Focus on kicks DAY 2 <b>11</b> DAY 3	
<b>DOJO CLOSED</b>	<b>Sparring Week</b> Footwork & offensive drills DAY 3 <b>13</b> DAY 4		<b>Sparring Week</b> Footwork & counter drills DAY 4 <b>14</b> DAY 5		<b>Sparring Week</b> Footwork & set-up drills DAY 5 <b>15</b> DAY 1	
	<b>Sparring Week</b> Footwork & kicking drills DAY 1 <b>16</b> DAY 2		<b>Sparring Week</b> Footwork & hand drills DAY 2 <b>17</b> DAY 3		<b>Sparring Week</b> Footwork & point sparring drills DAY 3 <b>18</b> DAY 4	
<b>DOJO CLOSED</b>	<b>Partner drills &amp; self-defence</b> DAY 4 <b>20</b> DAY 5		<b>Pad Drills</b> DAY 5 <b>21</b> DAY 1		<b>Drilling Kata sections</b> DAY 1 <b>22</b> DAY 2	
	<b>Kata &amp; Bunkai</b> DAY 2 <b>23</b> DAY 3		<b>Kata &amp; Bunkai</b> DAY 3 <b>24</b> DAY 4		<b>Circuit training</b> DAY 4 <b>25</b> DAY 1	
<b>DOJO CLOSED</b>	<b>Combat &amp; conditioning drills (MAS only)</b> DAY 4 <b>26</b> DAY 5		<b>Colour Belt Exam</b> Testing will be done during regular scheduled classes <i>ALL CLASSES RESUME AS SCHEDULED</i>			
	<b>Combat &amp; conditioning drills (MAS only)</b> DAY 5 <b>27</b> DAY 1		<b>Pound the pads</b> DAY 1 <b>28</b> DAY 2		<b>Tournament Kata day</b> DAY 2 <b>29</b> DAY 3	
			Want to train with your friends? Email <a href="mailto:donmills@northernkarate.com">donmills@northernkarate.com</a> and we will book them a FREE trial lesson.			

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