Northern Karate Schools
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FEBRUARY 2023 — Don Mills

FEBRUARY 1 -- EXCLUSIVE: MASTERS WORKSHOP w/ National Director, 10th Degree Black Belt & NKS Founder Hanshi Cezar Borkowski (7:45pm - 9:00pm) *NKS members only event, YOUTH/ADULT (Brown belts & above)

FEBRUARY 20 - HAPPY FAMILY DAY - DOJO CLOSED

FEBRUARY 21 - 24 -- SPARRING WEEK (BBM/MAS Sparring Gear mandatory to participate!

FEBRUARY 25: COLOUR BELT EXAM - Regular scheduled classes cancelled for this day

SUN	MON	TUE	WED	THU	FRI	SAT
			Exclusive MASTERS workshop w/ National Director, 10th Degree Black Belt & NKS Founder Hanshi Cezar Borkowski 7:45pm DAY 1 **1**	**Conditioning Day** DAY 2 **2**	**Pound the pads day** DAY 3 **3**	**Japanese terminology day** DAY 4 **4**
DOJO CLOSED **5**	**STRIPE WEEK NOVICE/BBM** DAY 5 **6**	**STRIPE WEEK NOVICE/BBM** DAY 1 **7**	**STRIPE WEEK NOVICE/BBM** DAY 2 **8**	**STRIPE WEEK NOVICE/BBM** DAY 3 **9**	**STRIPE WEEK NOVICE/BBM** DAY 4 **10**	**STRIPE WEEK NOVICE BBM** DAY 5 **11**
DOJO CLOSED **12**	**STRIPE WEEK PreMAS/MAS** DAY 1 **13**	**STRIPE WEEK PreMAS/MAS** DAY 2 **14**	**STRIPE WEEK PreMAS/MAS** DAY 3 **15**	**STRIPE WEEK PreMAS/MAS** DAY 4 **16**	**STRIPE WEEK PreMAS/MAS** DAY 5 **17**	**STRIPE WEEK PreMAS/MAS** DAY 1 **18**
DOJO CLOSED **19**	**DOJO CLOSED** Family Day **20**	**Sparring Week** Blocks & counters DAY 3 **21**	**Sparring Week** Controlling the distance DAY 4 **22**	**Sparring Week** Scoring with kicks DAY 5 **23**	**Sparring Week** Point sparring drills DAY 1 **24**	**Colour Belt Exam** NO REGULAR CLASSES 10:00am FAMILY WHITE, YELLOW & ORANGE BELTS 11:00am FAMILY GREEN, BLUE & PURPLE BELTS 12:00pm YOUTH/ADULT ALL BELTS & JUNIOR BROWN BELTS DAY 2 **25**
DOJO CLOSED **26**	**Review Day 1** DAY 3 **27**	**Review Day 2** DAY 4 **28**				

Want to train with your friends ?
Email donmills@northernkarate.com 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

Remember to use your Northern Karate Schools - Don Mills Phone App! You will find everything you need to know to earn your next belt.