



# February 2023



## Northern Karate Schools -Steeles Dojo



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p><b>COMING IN MARCH:</b> <b>MARCH BREAK CAMP!</b> LIMITED SPOTS AVAILABLE</p>			<p>1 <b>KARATE WORKOUT WEDNESDAY</b></p>	<p>2 <b>BLENDING BOXING WITH KARATE</b></p>	<p>3 <b>KREATIVE KATA</b></p>	<p>4 <b>SOLID SAI SATURDAY</b></p>	
5	6	7 Kata Curriculum	8	9 Weapon Curriculum	10	11 GAUNTLET OF PADS	
<b>STRIPE WEEK STRIPE WEEK</b>							
12	13 <b>SPARRING</b> 	14 Curriculum Self Defense	15 <b>BO ACCURACY</b>	16 WORK YOUR SPEED + REACTION 	17 <b>OBSTACLE COURSE</b> 	18 <b>SEIPAI SATURDAY</b> 	
19	20 <b>FAMILY DAY DOJO CLOSED</b>	21 <b>TEKKO TUESDAY</b>	22 <b>MULTIPLE PAD MADNESS</b>	23 Curriculum Self Defense	24 <b>FLY HIGH FRIDAY</b>	25 <b>GRADING ALL CLASSES CANCELLED</b>	
26	27 <b>MUAY THAI MONDAY</b>	28 <b>SPARRING</b> 	<p><b>OUR FRIENDS AND FAMILY PROMOTION CONTINUES UNTIL THE END OF THIS MONTH! SHARE NKS WITH A FRIEND OR FAMILY MEMBER FOR YOUR CHANCE TO WIN A NINTENDO SWITCH</b></p>				

### REMINDERS DOJO CLOSED:

Mon. Feb 20th

Family Day  
Regular Classes  
Resume  
Tues. Feb 21st

### SPARRING DAYS:

Mon. Feb 13th  
Tues. Feb 28th

Yellow Belts and Higher, all Sparring Gear is mandatory

### COLOR BELT GRADING

Sat. Feb 25th

No classes for students who DO NOT have 2 red stripes. Reminder emails will be sent out prior to the Graduation date.