



**March 2023** 

# Northern Karate Schools -Steeles Dojo


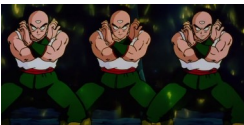










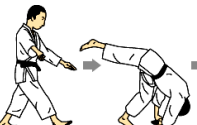






4350 Steeles Ave. W

www.northernkarate.com

905-856-4047

steeles@northernkarate.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>COMING IN APRIL:</b> NKS STEELES IN HOUSE FRIENDSHIP TOURNAMENT HAPPENING ON SUNDAY, APRIL 30TH! CHECK OUT OUR FLYER FOR DETAILS. REGISTER BEFORE APRIL 5TH!			 1 <b>KNOW THE KNIFE: DEFENSE</b>	2 <b>THRILLING NUNCHAKU THURSDAY</b>	<b>3 PERSON KICKSHIELDS</b> 3 	4 <b>Curriculum Self Defense</b>
5	6	7 <b>Kata Curriculum</b>	8	9 <b>Weapon Curriculum</b>	10	11 <b>CIRCUIT TRAINING</b> 
<b>STRIPE WEEK STRIPE WEEK</b>						
12	13 <b>SPARRING</b> 	14  <b>TONFA TUESDAY</b>	15 <b>WORK YOUR BLOCKS</b> 	16 <b>LOCKS AND CHOKES</b>	17 <b>FOCUS MITT FRIDAY</b> 	18  <b>STICK DEFENSE SATURDAY</b>
19	20  <b>MUAY THAI MONDAY</b>	21 <b>SPARRING</b> 	22 <b>Curriculum Self Defense</b>	23 <b>WORK YOUR STANCES</b> 	24 <b>24 FOR NISEISHI</b>	25 <b>BELLYPAD BLAST</b> 
26	27 <b>ROLLS + TAKEDOWNS</b> 	28 <b>KICKING STATIONS</b> 	29  <b>KOOL KAMA</b>	30 <b>SPARRING</b> 	31 <b>GRADING ALL CLASSES CANCELLED</b>	<b>"No pressure, no diamonds."</b> 

## REMINDERS

### COMING IN APRIL:

NKS STEELES in house tournament happening on Sun. Apr 30th! Check out our flyer for details. Register before April 5th!

### SPARRING DAYS:

Mon. Mar 13th  
 Tues. Mar 21st  
 Thurs. Mar 30th

Yellow Belts and higher, all sparring gear is mandatory

### COLOR BELT GRADING

Fri. Mar 31st

No classes for students who do not have 2 red stripes. Reminder emails will be sent out prior to Graduation.