



MARCH 2023 Don Mills

MARCH BREAK CAMP!!! March 13 - 17th - Register today!

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.			Weapons Wednesday PreMAS / MAS ONLY DAY 5	Pound the pads DAY 1	Kick like a Black belt DAY 2	SPECIAL WORKSHOP KYOSHI WALSH 8am class only DAY 3
DOJO CLOSED 5 DAY 4	STRIPE WEEK NOVICE/BBM 6 DAY 5	STRIPE WEEK NOVICE/BBM 7 DAY 6	Adult Masters SAI Workshop w/ SHIHAN MUKAI DAY 1	STRIPE WEEK NOVICE/BBM 8 DAY 2	STRIPE WEEK NOVICE/BBM 9 DAY 3	STRIPE WEEK NOVICE/BBM 10 DAY 4
DOJO CLOSED 12 DAY 5	STRIPE WEEK PreMAS/MAS MARCH BREAK Point sparring drills DAY 5	Effective Self-defence Workshop W/ SENSEI'S SHARA COLABEWALA & GURKARAN DHANI 7:45 YOUTH/ADULT CLASS DAY 1	STRIPE WEEK PreMAS/MAS MARCH BREAK CAMP Set-up & counter drills DAY 2	STRIPE WEEK PreMAS/MAS MARCH BREAK CAMP Footwork DAY 3	STRIPE WEEK PreMAS/MAS MARCH BREAK CAMP Hand drills DAY 4	STRIPE WEEK PreMAS/MAS MARCH BREAK CAMP Point sparring DAY 5
DOJO CLOSED 19 DAY 1	Sparring DAY 1	Sparring DAY 2	Sparring DAY 3	Demo training w/ RENSHI EMINA DURAN & SENSEI COSTA 7:45 YOUTH/ADULT CLASS DAY 4	Sparring DAY 5	Colour Belt Exam NO REGULAR CLASSES 10:00am FAMILY WHITE & ADVANCED WHITE BELTS 11:00am FAMILY YELLOW TO BLUE BELTS 12:00pm YOUTH/ADULT ALL BELTS JUNIOR PURPLE & BROWN BELTS DAY 1
DOJO CLOSED 26 DAY 2	Combat & Conditioning w/ SHIHAN VILLAR DAY 2	Review Day DAY 3	Straight to the point - Pressure point workshop w/ SHIHAN LEWIS MAS class only DAY 4	Terminology Thursday / Dojo etiquette DAY 5	Training tips for home practice - How to train at home and make it fun DAY 1	25

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

Want to train with your friends ?
Email donmills@northernkarate.com and we will book them a FREE trial lesson.