



May 2023



Northern Karate Schools -Steeles Dojo












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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"It's a slow process, but quitting won't speed it up."</p>	<p>FLOW DRILL SEMINAR WITH HANSHI</p>	<p>2 BASIC Self Defense #1-5</p>	<p>3 KATA ON PADS</p>	<p>4 TONFA ACCURACY </p>	<p>5 SPARRING </p>	<p>6 INT Self Defense #1-3</p>
7	8	9 Kata Curriculum	10	11 Weapon Curriculum	12 INT Self Defense #4-6	13 MOTHER'S DAY  BRING YOUR MOM TO CLASS
STRIPE WEEK STRIPE WEEK						
14	<p>FLIGHT SCHOOL WITH RENSHIS VICTOR & VINCENT</p>	16 BASIC Self Defense	<p>BO 101 SEMINAR WITH KYOSHI</p>	18 SPARRING 	19 INT Self Defense #7+8	20 DOJO CLOSED
21	22 VICTORIA DAY DOJO CLOSED	23 GLOW IN THE DARK CARDIO (All children's classes)	24 INT Self Defense #9+10	25 SPEED + REACTION 	26 OBSTACLE COURSE 	27 BOOMING BELLYPADS 
28	29 MUAY THAI MONDAY 	30 SPARRING 	31 GRADING ALL CLASSES CANCELLED	<p>COMING IN JUNE: Black Belt Graduation Sun. June 11th! Father's Day Class, train with dad Sat. June 17th! Student Appreciation Day, Thurs. June 15th!</p>		

REMINDERS DOJO CLOSED

Sat. May 20th
To
Mon. May 22nd

Victoria Day Long Weekend,
classes resume
Tues. May 23rd

SPARRING DAYS:

Fri. May 5th
Thurs. May 18th
Tues. May 30th

All gear is mandatory

GRADING:

Wed. May 31st

No classes for students WITHOUT 2 red stripes. Reminder emails will be sent out prior to Grading