



July 2023



Northern Karate Schools -Steeles Dojo



4350 Steeles Ave. West www.northernkarate.com 905-856-4047 steeles@northernkarate.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPACES STILL AVAILABLE FOR AUGUST SUMMER CAMP! THERE IS STILL TIME TO REGISTER!			"EVERY MOUNTAIN TOP IS WITHIN REACH IF YOU JUST KEEP CLIMBING,"			CANADA DAY DOJO CLOSED
2	DOJO CLOSED	BASIC Self Defense #1-5	3 PERSON PADS	BO ACCURACY	SPARRING	INT Self Defense #1-3
9	10	Kata Curriculum	12	WEAPONS CURRICULUM	14	SOLID SAI SATURDAY
STRIPE WEEK			STRIPE WEEK			
16	SPARRING	BASIC Self Defense #6-10	LINE DRILLS LINE DRILLS LINE DRILLS	WORK YOUR STANCES	INT Self Defense #4-6	BELLYPAD BLAST
23	MUAY THAI MONDAY	SPARRING	INT Self Defense #7+8	KATA with PADS	UNIQUE TECHNIQUES	GRADING ALL CLASSES CANCELLED
30	INT Self Defense #9+10	COMING IN AUGUST: Civic Holiday, Dojo closed from Sat. Aug 5th to Mon. Aug 7th				

REMINDERS

DOJO CLOSED:

Sat. July 1st
Mon. July 3rd

Canada Day
Long Weekend

Sparring Days:

Fri. July 7th
Mon. July 17th
Tues. July 25th

All equipment mandatory for students to participate in class

GRADING

Sat. July 29th

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