



October 2023



Northern Karate Schools -Steeles Dojo
















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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1	2  THROWS + TAKEDOWNS	3 WORK YOUR KICKS 	4 NUNCHAKU 	5 BASIC SD 1-3	6 SPARRING 	7 DOJO CLOSED	
8	9 THANKSGIVING DOJO CLOSED	10 Kata Curriculum	11	12 Weapon Curriculum	13	14 BASIC SD 4-6	
STRIPE WEEK							
15	16 SPARRING 	17 WORK YOUR BLOCKS 	18  KNOW THE KNIFE: DEFENSE	19 LINE DRILLS LINE DRILLS LINE DRILLS	20  FOCUS MITT FRIDAY	21 SUPERB SAI SATURDAY	
22	23  TEKKO + KAMA	24 SPARRING 	25 BOARD BREAKING 	26 WORK YOUR STANCES 	27 BASIC SD 7-10	28 GRADING ALL CLASSES CANCELLED	
29	30  SOLID STICK DEFENSE	31 HALLOWEEN ALL CHILDREN'S CLASSES CANCELLED. ADULT CLASSES RUN NORMALLY	COMING IN NOVEMBER: Holiday Fest is on in November and December. All new BBM and Pre-Masters members receive a special Holiday Fest Package.			"GREATNESS TAKES TIME."	

REMINDERS

DOJO CLOSED:

Sat. Oct 7th
Mon. Oct 9th

Thanksgiving Long Weekend Regular classes resume
Tues. Oct 10th

SPARRING DAYS:

Fri. Oct 6th
Mon. Oct 16th
Tues. Oct 24th

Sparring equipment mandatory to participate in class

GRADING:

Sat. Oct 28th

Reminder emails will be sent out prior to Graduation. Only for students with 2 red stripes