

Our in school Karate Fundraiser program NKSPBSS is working with Broadlands PS. Ask us how we can raise money for your child's school. We are booking into next winter.

Northern Karate Schools
416 • 441 • 3648
865 York Mills Road Toronto, ON M3B 1Y6



OCTOBER 2023

Don Mills

TAKE THE OKINAWA 100 KATA CHALLENGE. HOW MANY TIMES CAN YOU DO YOUR KATA? LET'S FIND OUT!

BULLYPROOF® WEEK / OPEN HOUSE - Bring a buddy to class (free to attend - online registration required) -

Learn BullyProof® techniques

THANKSGIVING DAY - October 9th - MARK YOUR CALENDAR

BROWN BELT STRIPE TESTING - OCT. 28 - MARK YOUR CALENDAR

PARENTS NIGHT OUT - Halloween Movie Night - Wear your costume - online registration required.

SUN	MON	TUE	WED	THU	FRI	SAT																								
DOJO CLOSED 1	MAS: Advanced Bunkai w/ Shihan Lewis KATA DAY 4 2	STRIPE WEEK STRIPE WEEK		STRIPE WEEK NOVICE/BBM		STRIPE WEEK NOV SHODAN SATURDAY w/ KYOSHI You'll see the future of training w/ our amazing advanced members! (8am class only) DAY 4 7																								
DOJO CLOSED 8	DOJO CLOSED Thanksgiving Day 9	STRIPE WEEK PreMAS/MAS		STRIPE WEEK PreMAS/MAS		STRIPE WEEK STRIPE WEEK KATA DAY 5 14																								
DOJO CLOSED 15	BULLYPROOF® WEEK																													
DOJO CLOSED 22	Ryukyu Kobudo w/ Shihan Villar (7:45pm class only) DAY 2 23	SELF-DEFENCE DAY 2 17	100 Kata Challenge DAY 4 24	Pound the pads & conditioning DAY 5 25	Breakfalls & defensive drills DAY 1 27	Parents Night Out Halloween movie night at the dojo - Online registration required																								
DOJO CLOSED 29	MAS: Monday Night Special w/ Shihan Mukai (7:45pm class only) DAY 3 29	Counter drills DAY 3 23	Halloween Wear your costume to class - Kids & adults DAY 4 31	<table border="1"> <thead> <tr> <th></th> <th>NOVICE & BBM</th> <th colspan="2">MASTERS & PreMASTERS</th> </tr> </thead> <tbody> <tr> <td>Day 1</td> <td>STRIPES 1,2</td> <td>STRIPES 1,2</td> <td>Tonfa Kama</td> </tr> <tr> <td>Day 2</td> <td>STRIPES 2,3</td> <td>STRIPES 3,4</td> <td>Sai Nunchaku</td> </tr> <tr> <td>Day 3</td> <td>STRIPES 3,4</td> <td>STRIPES 5,6</td> <td>Bo Tekko</td> </tr> <tr> <td>Day 4</td> <td>STRIPES 4,5</td> <td>STRIPES 7,8</td> <td>Knife Eku</td> </tr> <tr> <td>Day 5</td> <td>STRIPES 5,6</td> <td>STRIPES 9,10</td> <td>Stick Bo</td> </tr> </tbody> </table>			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	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 2 28
	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																											

Remember to use your Northern Karate Schools - Don Mills Phone App! You will find everything you need to know to earn your next belt.

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!

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