



January 2024



Northern Karate Schools -Steeles Dojo



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	WINTER BREAK DOJO CLOSED			WINTER BREAK DOJO CLOSED		
7	8	9 Kata Curriculum	10	11 Weapon Curriculum	12	13 KRUSH THE KICK SHIELDS
STRIPE WEEK STRIPE WEEK						
14	15 SPARRING 	16 BASIC SD 1-3	17 WORK YOUR KICKS 	18 18 FOR SEIPAI	19 FOCUS MITT FRIDAY	20 SUPERB SAI SATURDAY
21	22 WORK YOUR BLOCKS 	23 SPARRING 	24 BASIC SD 4-6	25 LINE DRILLS LINE DRILLS LINE DRILLS	26 GRAPPLING 	27 WORK YOUR STANCES
28	29 BASIC SD 7-10	30 TERRIFIC TONFA TUESDAY	31 GRADING ALL CLASSES CANCELLED	NKS STEELES Friends and Family Months! This month and February, refer a friend or family member, and if they register on a new Novice Program, receive a ballot for a chance to win a Grand Prize!		

REMINDERS

DOJO CLOSED:

Mon. Jan 1st
To
Sun. Jan 7th

Regular classes resume Mon. Jan 8th

SPARRING DAYS:

Mon. Jan 15th
Tues. Jan 23rd

Students without gear will be unable to participate in class

GRADING:

Wed. Jan 31st

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