



March 2024



Northern Karate Schools -Steeles Dojo


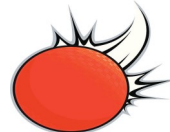
















4350 Steeles Ave. W

www.nkssteeles.com

905-856-4047

steeles@northernkarate.com

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHILDREN'S FRIENDSHIP TOURNAMENT! Sun. April 21st  Registration is ongoing! Test your skills in Kata and Sparring!			"Champions do what's needed regardless of how they feel. Their discipline overrides their feelings."		 DODGEBALL DRILLS	MULTIPLE PAD MADNESS 
3	4	5	6	7	8	9
		Kata Curriculum		Weapon Curriculum		CIRCUIT TRAINING 
STRIPE WEEK STRIPE WEEK						
10	11	12	13	14	15	16
	SPARRING 	BASIC SD 1-3 <hr style="border-top: 1px dashed black;"/> BLACK BELTS: RANDOM SD	 KARATE WITH BALLOONS	 SOLID STICK DEFENSE	BRING A BUDDY TO CLASS: OBSTACLE COURSE	BASIC SD 4-6
17	18	19	20	21	22	23
	ROLLS, BREAKFALLS + TAKEDOWNS 	SPARRING 	Tournament Prep Day 	KRAZY KAMA 	GRAPPLING 	 WORK YOUR ACCURACY
24	25	26	27	28	29	30
	MEGA JUMP KICK MONDAY 	Tournament Prep Day 	BASIC SD 7-10 <hr style="border-top: 1px dashed black;"/> BLACK BELTS: MULTIPLE ATTACKER SD	SPARRING 	GOOD FRIDAY DOJO CLOSED	GRADING ALL CLASSES CANCELLED
31						

REMINDERS

DOJO CLOSED:

Fri. Mar 29th

Good Friday

SPARRING DAYS:

Mon. Mar 11th

Tues. Mar 19th

Thurs. Mar 28th

Students without sparring gear will be unable to participate in class

GRADING:

Sat. Mar 30th

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