



MARCH 2024

Don Mills

MARCH BREAK 2024 (11th - 15th) - Register today!!!

SUN	MON	TUE	WED	THU	FRI	SAT																														
					Japanese Terminology Day DAY 1 1	SHODAN SATURDAY w/ KYOSHI You'll see the future of training w/ our amazing advanced members! (8am class only) DAY 2 2																														
DOJO CLOSED 3	STRIPE WEEK NOVICE/BBM			STRIPE WEEK NOVICE 5	Special Self-defence workshop w/ Renshi Costa Georgiou (7:45pm class only) DAY 1 6	STRIPE WEEK E/BBM NOVICE/BBM DAY 2 7																														
	KATA DAY 3 4	SELF-DEFENCE DAY 4 5	KATA DAY 5 6		KATA DAY 2 7	SELF-DEFENCE DAY 3 8																														
	MARCH BREAK CAMP MARCH BREAK CAMP MARCH BREAK CAMP MARCH BREAK CAMP																																			
DOJO CLOSED 10	SPARRING WEEK SCORING THE POINT DAY 4 10		SPARRING WEEK SETTING UP THE POINT DAY 5 11	SPARRING WEEK COUNTER DRILLS DAY 1 12	SPARRING WEEK DEFENSIVE DRILLS DAY 2 13	SPARRING WEEK OFFENSIVE DRILLS DAY 3 14																														
						SPARRING WEEK POINT SPARRING DRILLS DAY 4 15																														
DOJO CLOSED 17	RYU KYU KOBUDO w/ Shihan Villar (7:45pm class only) DAY 5 17	Pound the pads DAY 1 18	"FUN" DAMENTALS w/ Sensei Shara (All Junior / Family classes) DAY 2 19	Sparring Footwork & Scoring w/ KICKS w/ Renshi Emina Duran (7:45pm class only) DAY 3 20	Breakfalls DAY 4 21	Improve your kicks DAY 5 22																														
DOJO CLOSED 24	MAS: Monday Night Special w/ Shihan Mukai (7:45pm class only) DAY 1 24	Focus pad drills DAY 2 25	PreMAS & MAS: Bunkai - Kata Applications w/ Shihan Lewis DAY 3 26	Speed drills DAY 4 27	DOJO CLOSED Good Friday 28																															
DOJO CLOSED 31	<p>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!</p> <table border="1"> <thead> <tr> <th></th> <th>NOVICE & BBM</th> <th>MASTERS & PreMASTERS</th> <th></th> <th></th> </tr> </thead> <tbody> <tr> <td>Day 1</td> <td>STRIPES 1,2</td> <td>STRIPES 1,2</td> <td>Tonfa</td> <td>Kama</td> </tr> <tr> <td>Day 2</td> <td>STRIPES 2,3</td> <td>STRIPES 3,4</td> <td>Sai</td> <td>Nunchaku</td> </tr> <tr> <td>Day 3</td> <td>STRIPES 3,4</td> <td>STRIPES 5,6</td> <td>Bo</td> <td>Tekko</td> </tr> <tr> <td>Day 4</td> <td>STRIPES 4,5</td> <td>STRIPES 7,8</td> <td>Knife</td> <td>Eku</td> </tr> <tr> <td>Day 5</td> <td>STRIPES 5,6</td> <td>STRIPES 9,10</td> <td>Stick</td> <td>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
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						Colour Belt Exam NO REGULAR CLASSES 8:00am STAFF & MVP WORKSHOP 9:15-10:30am BROWN BELT STRIPING 10:30-11:15am FAMILY WHITE & YELLOW BELTS 11:15-12:15pm FAMILY ORANGE TO BLUE ADV BELTS & PURPLE BELT STRIPING 12:15-1:15pm YOUTH/ADULT ALL BELTS DAY 5 30																														

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