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November 2026
Northern Karate Schools -Steeles Dojo

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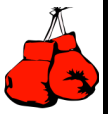
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 MUAY THAI MONDAY	3 PENALTY BOX DRILLS	4 BASIC SD 1-3	5 GLOW IN THE DARK KARATE (All children's classes)	6 SPARRING 	7 3 PERSON PADS
8	9	10 Kata Curriculum	11	12 Weapon Curriculum	13	14 BASIC SD 4-6
	STRIPE WEEK		STRIPE WEEK			
15	16 PRECISE PRESSURE POINTS	17 Effective Strikes & Kicks	18 DEFENSE USING MAGAZINES	19 ESCAPING GRABS	20 STREET DEFENSE	21 BOOMING BELLYPADS
	Bullying Awareness and Prevention Week			Bring A Buddy		
22	23 JUMP KICKS	24 BASIC SD 7-10	25 SPARRING	26 ROLLS, BREAKFALLS + TAKEDOWNS	27 GRAPPLING	28 GRADING ALL CLASSES CANCELLED
29	30 SPARRING	BLACK BELT GRADUATION: Sun. Dec 6th @ York University Join us for an epic celebration!			"The quality of your performance reflects the caliber of your practice."	

REMINDERS

Bullying Awareness and Prevention Week

Nov 16th—20th

Bring a buddy to learn and discuss topics about Bullying

SPARRING DAYS:

Fri. Nov 6th
Wed. Nov 25th
Mon. Nov 30th

Equipment is MANDATORY to participate in class

GRADUATION:

Sat. Nov 28th

No regular classes for students WITHOUT 2 red stripes. Reminders will be sent out prior to Graduation date.