





Mastin's School of Martial Arts February 2013

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1 Word of the Month: Commitment			1 EXTREME 5:45pm-pm-8:00pm	2 Challenge #2 Begins
3 KATA	4	5	6	7	8	9
10 Kumite	11	12	13 	14 Happy Valentine's Day	15	16
17 Self Defense Fitness	18	19	20	21	22  Blackbelt Seminar 6:00pm-8:30pm Blackbelt meeting	23
24 Basics	25	26	27	28	March 1st	2

Read the Back!

Monthly Highlights

Weapon of the month is the Sai



Word of the month is commitment



Thank you for your support. We had a great turn out to honor Sensei Dave Williams

Upcoming Events:

EXTREME CLASS

February 1st Extreme Class all students are welcome (5:45pm-8:00pm) the cost is \$10.00 See Mrs. Patricia to get registered. Please mark your calendars for these important dates: April 19th, August 16rd, and November 8^t

Challenge #2 Begins

February 2nd: Everyone should have turned in the commitment sheets. That is the first step to success. This month we are going to focus on things that are important to us all. See #2 handout sheets to get started.

March 9th is the First Promotion Test of 2013

Remember the new format. 3 areas of attention that are required before you are asked to test.

#1 Attitude & Effort in class, in the lobby (changing rooms, etc.), at home, at school or work

#2 Have all of required tips and a recommendation to test from Sensei

#3 Have the correct amount of classes and time in between the rank



February 22nd Black Belt Seminar from 6:00pm -8:30pm Cost is \$10.00

All Black Belts and Ranks of Ni Kyu and above may and are encouraged to attend. Black Belt Meeting to follow

Please mark your calendars for these important dates: April 26th, August 23rd, and November 15th