




Mastin's School of Martial Arts January 2013

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	HAPPY NEW YEAR	1 Word of the Month: goal	2 Welcome Back First Class of 2013	3 1 st Family class	4	5 First Challenge Begins
6 KATA	7	8 Introduction to Sai	9	10	11	12
13 Kumite	14	15	16	17	18	19
20 Self Defense Fitness	21	22	23	24	25	26  Dave Williams Memorial Training 12-3pm Nutrition Consultant
27 Basics	28	29	30	31	FEBRUARY 1 st EXTREME	2

Read the Back!

Classes for the dojo start back January 2nd 2013.



HAPPY NEW YEAR

Mrs. Patricia and I would like to thank each and every parent, student and friend of our dojo and programs. We feel very honored and truly blessed to have you all in our lives. I am grateful for all of the support and dedication that is shown. I would like to thank everyone for the wonderful gift. I will be sure to put it to good use.
Sensei

Monthly Highlights

Weapon of the month is the introduction of the Sai



Word of the month is Goals

Please see the attached “**Dojo Update**” Sheet that is attached. It will explain details and formalities. This sheet is for the students and will not be put up online. It has explanations of the New Testing Formats, our new Creating Complete Individuals Challenges and dojo memos.

All students are invited to participate in the Dave Williams Memorial training. This event is held every year to honor our friend and mentor Sensei Dave Williams. It will be held at the Silverton Dojo from 12-3pm on January 26th 2013. As part of our Creating Complete individuals, we will have a Nutrition Consultant and Strength Coach.

Everyone is encouraged to attend. You will receive a certificate of participation.

We also have a patch available to put on your warm-up or gym bag.



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 8th

March 9th is the First Promotion Test of 2013



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