



May 2013

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Basics			1 Word of the month: Discovery	2	3	4 CHALLENGE #5 BEGINS 
5 Kumite	6	7 	8	9	10	11
12 Kata	13	14 	15	16	17	18 Belt Test 
19 Fitness Week 1	20	21 	22	23	24	25 Dojo Closed Work Day at the dojo 
26 Fitness Week 2	27 Dojo Closed Happy Birthday to my mother Phyllis Reagan	28 	29	30  Happy Birthday Sensei Mitchell	31	June 1st Sensei Mitchell Training session See special class times

Monthly Highlights



Weapon of the month: See Tuesday nights on the calendar. Please bring the weapon that we will be studying

Word of the month: Discovery

May 4th – Challenge #5 Begins

Belt Test May 18th

11:45am Little Ninja Test

12:30pm All Junior and Adult ranks White Belt – Blue Belt

2:00pm All Junior and Adult ranks Green Belt and up

May 25th we will be having a work day at the dojo. Our goal is to clean and repair inside and outside the dojo.

We are going to be painting the exterior walls of the building.

We will begin at 9:00am

Pizza will be provided. Reminder, no classes will be held on this day



The dojo is closed May 25th and 27th

In honor of Sensei Mitchell's Birthday, we will be remembering him with a special training session on Saturday June 1st.

The training session will begin at 9:00am and conclude at 12:00pm. There will be no regular classes.

All students are invited and encouraged to participate in honoring Sensei John Mitchell and his memory.