



MASTIN DOJO

NOVEMBER 2014

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Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Kata			Word of the Month: Thanks			1
2 Remember O'Sensei Nagamine on this day. 11-2-1997 	3 Basics	4 	5  Happy Birthday Kayla	6	7	8
9 Kumite	10	11 	12	13	14	15
16 Fitness Week	17	18 	19 <div style="border: 1px solid black; padding: 5px; text-align: center;">BRING YOUR FRIENDS</div>	20	21	22
23/30 Kata	24	25 	26 Happy Thanksgiving Dojo Closed	27 	28	29 Happy Thanksgiving Dojo Closed

Read the Back!

Monthly Highlights

Remembering O'Sensei Shoshin Nagamine who passed away November 2nd 1997

Sai / Tonfa are the weapons on the month.

Happy Birthday Mrs. Kayla November 5th



ORDER YOUR DOJO T-SHIRTS AND SWEATSHIRTS

Please place your Holiday orders this month (if possible)

Be sure to Give Thanks

Please help us with the Care enough to Share Program.

Bring your Friends November 19th



Happy Thanksgiving.

The Dojo is closed on Wednesday November 26th and Saturday November 30th

YOGA @ the DOJO
Remember to spread the word.
Try the first class for free.