



Mastin's School of Martial Arts April 2013

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Kumite	1  Opening Day	2 Words of the Month: Remember & Review	3	4	5	6 Challenge #4 Begins Please turn in your Challenge totals
7 KATA	8	9	10	11	12	13
14 Self Defense Fitness	15	16	17	18	19 EXTREME 6:00pm	20
21 Footwork	22	23	24	25	26  Blackbelt Seminar 6:00pm	27  Special Class Noon – 1:30pm
28 Basics	29	30	May 1 st	2	3	4 Challenge #5 Begins

Read the Back!

Monthly Highlights

Weapon of the month is the Nunchaku

Word's of the month is Remember and Review

By the end of March, you should have completed 3 monthly challenges for this year. Please fill out the 1st Quarter challenge recap sheet and turn it in. We will post results in the dojo.

Challenge #4 Begins

See #4 handout sheets to get started.

EXTREME CLASS

April 19th Extreme Class. All students are welcome (6:00pm-8:00pm) the cost is \$10.00 See Mrs. Patricia to get registered.



April 26th 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. A Black Belt meeting will be held after the seminar.



Let us remember and pay respects to my teacher on April 27th. This day marks the 1 year anniversary of his passing. We will have a special class to celebrate his memory. The class will be held from noon – 1:30pm. After class, we will go to one of Soke Nagamines favorite restaurants for lunch. (Skyline)