









June 2013

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Fitness Week 2			Word of the month: Determination			1 Sensei Mitchell Training session See special class times
2 Basics	3	4 	5	6	7	8 CHALLENGE #6 BEGINS 
9 Kumite	10 Karate Camp Begins	11 	12	13	14	15
16 Kata	17	18 	19	20	21	22
23/30 Fitness Week	24	25 	26	27	28	29 Belt Test (Make up) 

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: Determination

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.

June 8th – Challenge #6 Begins

Last month, the challenge was held to see how many people would ask for the sheets.

It is easy to give up. Keep pushing forward. Even small gains are important.

Karate Camp

June 9-14th from 9:00am - noon

Belt Test (make up test) June 29th

11:45am All Ranks