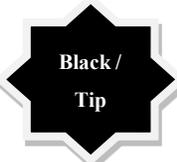




# MASTIN'S SCHOOL OF MARTIAL ARTS NOVEMBER 2011

| Sun   | Mon   | Tues   | Wed   | Thurs  | Fri   | Sat   |
|---|---|--|---|--|---|---|
|          | Word of the Month:<br><b>Gratitude</b>  | 1<br> | 2<br>Remember<br>O'Sensei Nagamine<br>on this day.<br>11-2-1997 | 3  | 4<br>Extreme Class<br>5:45pm All<br>Students are<br>welcome   | 5   |
| 6<br>    | 7   | 8  | 9   | 10<br><b>Anderson<br/>(only)<br/>NO CLASS</b>      | 11  | 12  |
| 13<br>   | 14<br><div style="border: 1px solid black; padding: 2px; color: red; text-align: center;"> <b>BRING YOUR FRIENDS</b> </div> | 15   | 16  | 17   | 18<br><br>Black Belt Seminar<br>6:00pm-8:30pm<br>Meeting to follow | 19  |
| 20<br>  | 21  | 22<br><b>Anderson<br/>NO CLASS</b>   | 23  | 24<br><b>Happy<br/>Thanksgiving<br/>NO CLASSES</b> | 25<br><b>Happy<br/>Thanksgiving<br/>NO CLASSES</b>  | 26<br><b>Happy<br/>Thanksgiving<br/>NO CLASSES</b>        |
| 27<br> | 28  | 29   | 30  | <b>DEC. 1</b>                                      | 2   | 3<br><b>Turn in your<br/>Kickathon<br/>Results</b>        |
| 4<br>  | 5   | 6  | 7   | 8  | 9   | 10<br><b>Last Class for<br/>Western Hills<br/>Session</b> |

Place your holiday orders!

**Read the Back!**

**Anderson Program reminder: No classes on November 10<sup>th</sup>, 22<sup>nd</sup> or 24<sup>th</sup>. The session's final class is December 8<sup>th</sup>, 2011. The New session begins January 17<sup>th</sup> 2012. You may take additional classes at the dojo to keep up on your training. See Mrs. Patricia for details.**

**Western Hills Program reminder: No class on November 26<sup>th</sup>. The session's final class is December 10<sup>th</sup>, 2011. The new session begins January 21<sup>st</sup> 2012 –March 24<sup>th</sup> 2012. You may take additional classes at the dojo to keep up on your training. See Mrs. Patricia for details.**

**November 4<sup>th</sup> Extreme Class all students are welcome. This is similar to comp class but the focus will be on our extreme fitness, traditional weapons and developing our Matsubayashi-ryu kata with the increased concentration (similar to the way we did with our tournament kata) In addition to what we used to do, we are going to develop routines - kind of like a demo team. We are going to work on the mindset and talk more about the history and philosophy of techniques. The cost is \$10.00 See Mrs. Patricia to get registered**

**November 14<sup>th</sup> is bring your friend day**

**November 18<sup>th</sup> Black Belt Seminar #1 Class is from 6:00pm -8:30pm with a meeting to follow. Cost is \$10.00  
All Black Belts and Ranks of Ni Kyu and above may and are encouraged to attend.**

**Happy Thanksgiving: No classes November 24<sup>th</sup> -26<sup>th</sup> Use this time to reflect on the things that you are thankful for.**

**Beginning December 1<sup>st</sup>, you may turn in your Holiday orders for Gi's books, gift certificates etc. The last day for Holiday Orders to be turned in is December 12<sup>th</sup>**

**December 3<sup>rd</sup> – Please turn in your final Kickathon sheets. Thank you for your participation.**

**December 17<sup>th</sup> is the promotion test beginning at 12:00pm**