AUGUST 2019

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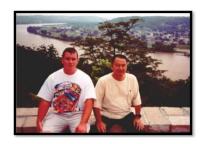


		0010		EST. 1990		
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
BUNKAI AND YAKUSOKU KUMITE	New TSHIRTS Are in			1 Recommendations for study contest begins	2	3
4 Self Defense	5	6	BRING A FRIEND	8	9	HAPPY* BIRTHDAY! James
KATA	8/12/1945 Remembering Soke Nagamine On his date of birth	13	14	BRING A FRIEND	16	17
18 Kumite	19	20	21	22 *HAPPY* BIRTHDAY! Quincy	23	24
Fitness & Footwork	26	27	28	29	30	Closed

Monthly Highlights

8/1/19 Recommendations for study contest begins. See flyer in the dojo for contest rules.

We would like to remember Soke Nagamine on his Birthday August 12th 1945



The dojo is Closed August 31st

Did you know that we recently won an award for one of the tops schools?





Be sure to Check out our website:

www.mastinkarate.com





