SEPTEMBER 2019

Change your life today!



					310	ESC. 1990
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
100 KATA FORKARATE DAY	Please Register if you plan on attending the 100 Kata Challenge October 25th	Fitness & Footwork				August 31st DOJO CLOSED
1 KATA	2	3	BRING YOUR FRIENDS	5	6	7 Last Day to Turn in the Challenge papers
8 Kumite	9	10	91.01 Never Forget Naves Surmoder	Sensei	Remembering John Mitchell 9-13-11	14
Fitness & Footwork	16	BIRTHDAY! Mr. Tom	18	19	Chōtoku Kyan passed away 1945	21 Arakaki Seminar Bellville, Illinois
22 Review	23	24	25 *HAPPY* BIRTHDAY! Leighton	26	27	28
29 Review	30	October 1st *HAPPY* BIRTHDAY! Mrs. Patricia	2	3	4	5 BELT TEST

Monthly Highlights

The dojo is closed on Saturday August 31st . Please a have safe and enjoyable holiday weekend

September 11th remember those and the lives that were lost on that horrific day.

Also, remember those who have been fighting for our freedom since that day.





Sensei, Tom, Leighton

Remembering Sensei John Mitchell on the day of his passing September 13th



Be sure to Check out our website:

www.mastinkarate.com





