







February 2020

Create your Harmony
The Nagamine Way



Mastinkarate.com

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Fitness			1			1
2 Kata	3 New Schedule and Open class begins	4 	5	6 Open class	7 ★HAPPY★ BIRTHDAY! Christina	8
9 Review	10 Open class	11 	12 BRING YOUR FRIENDS	13 Open class	14 Happy Valentine's Day 	15
16 Self Defense	17 Open class	18  7:30 pm	19	20 Open class	21	22
23 Bunkai & Basics	24 Open class	25 	26	27 Open class ★HAPPY★ BIRTHDAY! Gabriella	28	29 

Read the Back!

Monthly Highlights



Tai Chi Class 6:45pm (new Time)

New Schedule begins February 3rd. We have added 2 open classes per week. Monday and Thursday evening from 6:00pm to 6:45pm

All ages and ranks may attend



Christina and Gabriella



Okinawa Team class February 18th @7:30pm

PLEASE HELP OUR DOJO GROW. SPREAD THE WORD. IF YOU HAVE ANY IDEAS TO HELP OUR SCHOOL GROW PLEASE LET MRS. KATIE OR MRS. PATRICIA KNOW.

Be sure to Check out our website:

www.mastinkarate.com



and

Mastin Dojo



Phone: 513-265-5484
Cell: 513-265-2340
E-mail: mastinkarate@gmail.com