







MARCH 2020

Create your Harmony
The Nagamine Way



Mastinkarate.com

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 Fitness	2	3	4	5	6  ★HAPPY★ BIRTHDAY! Jessan	7  ★HAPPY★ BIRTHDAY! Bill P
8 DAYLIGHT SAVINGS TIME Kata	9	10 	11	12	13	14
15 Review	16	17 Happy St. Patrick's Day 	18 BRING YOUR FRIENDS	19	20	21
22 Self Defense	23	24  7:30 pm	25	26	27	28 Belt Test 10:30am
29 Bunkai & Basics	30	31 	April 1 st	2	3	4

Read the Back!

Monthly Highlights



Tai Chi Class 6:45pm Monday Nights



Sensei is teaching March 6th at the Arnold



Jessan and Bill Palmer

Remember to Spring Forward and set your clocks up an hour for Daylight Savings Time **March 8th**



Okinawa Team class March 24th @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



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