

AUGUST 2020

SUPPORT EACH OTHER

Create your Harmony
The Nagamine Way



Mastinkarate.com

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
New challenge On the back						1 Adults 8:30am Kids 9:30am
2	3 Open Class 6pm Tai Chi 6:45pm	4 White-Blackbelt 6pm Brown 3 & Up 6:45pm	5 All ages / rank 6pm	6 All ages / rank VIA ZOOM 6pm	7	8 Adults 8:30am Kids 9:30am
9	10 Open Class 6pm Tai Chi 6:45pm	11 White-Blackbelt 6pm Brown 3 & Up 6:45pm	12 REMEMBERING SOKE NAGAMINE All ages / rank 6pm	13 All ages / rank VIA ZOOM 6pm	14	15 Adults 8:30am Kids 9:30am
16	17 Open Class 6pm Tai Chi 6:45pm	18 White-Blackbelt 6pm Brown 3 & Up 6:45pm	19 All ages / rank 6pm	20 All ages / rank VIA ZOOM 6pm	21	22 ★HAPPY★ BIRTHDAY! Quincy Adults 8:30am Kids 9:30am
23/30	24/31 Open Class 6pm Tai Chi 6:45pm	25 White-Blackbelt 6pm Brown 3 & Up 6:45pm	26 All ages / rank 6pm	27 All ages / rank VIA ZOOM 6pm	28	29 Adults 8:30am Kids 9:30am

Read the Back!

Monthly Highlights

I would like to thank everyone for all the kind words and support through the COVID 19 ordeal.

We are excited to be back and able to teach in person.

To accommodate those that are not comfortable training in public, travelling or high risk, we have kept the training on Thursday evenings to a zoom class. All ages and rank are encouraged to attend.

The zoom meeting ID is 828 1615 3867

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

New challenge for all students – we have doing several combination drills over the past couple of months. The challenge is for you to create a combination drill that covers all of the techniques in the group. (example is the elbow attack drill that we have been doing in class lately.)

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



Mastin Dojo



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