October 2020

Create your Harmony The Nagamine Way



Mastinkarate.com

Dedicated

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 BIRTHDAY Mrs. Patricia All ages / rank VIA ZOOM 6pm	2	3 EMKA Kokusai Keiko 9:30am London Time Adults 8:30am Kids 9:30am
4	5 Open Class 6pm Tai Chi 6:45pm	6 White-Blackbelt 6pm Brown 3 & Up 6:45pm	7 All ages / rank 6pm	8 All ages / rank VIA ZOOM 6pm	9	Griffin & Carson Adults 8:30am Kids 9:30am
11	Open Class 6pm Tai Chi 6:45pm	13 White-Blackbelt 6pm Brown 3 & Up 6:45pm	14 All ages / rank 6pm	All ages / rank VIA ZOOM 6pm	16	Adults 8:30am Kids 9:30am
18	Open Class 6pm Tai Chi 6:45pm	Mr. Virgil White-Blackbelt 6pm Brown 3 & Up 6:45pm	21 All ages / rank 6pm	BIRTHDAY!	23	8:45am *HAPPY* BIRTHDAY! Mrs. Katie
25	Open Class 6pm Tai Chi 6:45pm	White-Blackbelt 6pm Brown 3 & Up 6:45pm	All ages / rank 6pm	All ages / rank VIA ZOOM 6pm	30	31 HAPPY HALLOWEEN

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.

Please refer to this calendar until the end of July for class times.

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 $828\ 1615\ 3867$

EMKA Kokusai Keiko 9:30am London Time. Must preregister online.

October 25^{th is} 100 Kata Challenge Day. We will be participating on Saturday October 24th as a dojo in place of regular class. All students (kids and Adults) we will begin at 8:45am Please sign up if you plan on attending.

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





