

# FEBRUARY









**We Create Champion Individuals**

## Schedule of Events

- Weapon of the Month is TONFA
- NEW THURSDAY CLASS TIME IS 6:30pm for Adults and Zoom
- Remembering Silpa who passed away last February 8th

- 2/14/24 HAPPY VALENTINES DAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	 Tonfa			1	2	3
4 Kata	5	6 BRING YOUR FRIENDS	7  Christina	8 SILPA DAY	9	10
11  Kumite	12	13 	14 Happy Valentines Day	15	16	17
18 Basics	19	20  Ryan	21	22	23	24
25 Fitness	26	27  Gabreilla	28	29		

### QUARTERLY PROJECTS:

1. New class schedule
2. Open enrollment of karate, Tai Chi & Yoga students
3. New Dojo Swag coming
4. New Training tip videos uploaded monthly
5. Work on a buddy system -accountability training partner

**Yoga with Empowering Touch**  
EMPOWER YOURSELF AND EASE YOUR MIND THROUGH BEGINNER-FRIENDLY YOGA CLASSES

HEAL BALANCE EMPOWER



6931 Plainfield Rd.  
Cincinnati, OH  
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Tuesdays at 2 pm ET, Wednesdays at 7 pm ET,  
and Sundays at 3 pm ET.



Find us online  
[www.mastinkarate.com](http://www.mastinkarate.com)



## MASTIN DOJO

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