

# JANUARY 2024



*We create Champion Individuals!*

## Schedule of Events

- 1/1/24 Happy New Year

- 1/2/24 Welcome back.  
First Day of Training

1/10/24  
Bring your Friend to try a free class.



- 1/27/24 We will honor Sensei Dave Williams by holding a special training session from 9am-11am. All students are welcome to participate.

The Okinawa Trip Team Meeting and the new class schedule will be discussed during this month as Sensei has some exciting news.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Weapon 	1 Happy New Year	2 1st Day of Training	3 	4	5	6
7 <b>Kata</b>	8	9	10 BRING YOUR FRIENDS	11	12	13
14 <b>Kumite</b>	15	16	17	18	19	20 <b>HAPPY BIRTHDAY! Aram</b>
21 <b>Basics</b>	22 <b>HAPPY BIRTHDAY! Jeff P.</b>	23	24	25	26	27 Special Class 9am
28 <b>Fitness</b>	29	30	31 <b>HAPPY BIRTHDAY! Jasper</b>			

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

HEAL BALANCE EMPOWER



6931 Plainfield Rd.  
Cincinnati, OH 45236

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)

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### 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
6. Implement NEW ATTENDANCE CARDS