

MARCH

We Create Champion Individuals



Schedule of Events



- Weapon of the Month is TONFA & NUNCHAKU
- Daylight savings time March 10th
- St. Patrick's Day March 17th
- Okinawa Class Thursday March 21st @ 7:30 PM
- **March 30th CLOSED**
- March 31st Happy Easter
- KYU rank test in April
- Black belt test in June

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Tonfa / Nunchaku		Fitness		1	2
3	4	5	6 HAPPY BIRTHDAY! Jessan	7 HAPPY BIRTHDAY! Bill P.	8	9
10	11	12 HAPPY BIRTHDAY! Nolan	Kata	14	15	13
Daylight Savings time		19	20 Basics	21	22	23
17 Happy St. Patrick's Day	18	26	27 Kumite	28	29	30
24	25		TEST REVIEW			Closed
31 HAPPY EASTER			TEST REVIEW			

QUARTERLY PROJECTS:

1. Help us build the dojo.....please!
2. Open enrollment of karate, Tai Chi & Yoga students
3. New Dojo Swag coming
4. New Training tip videos uploaded monthly (WE NEED TO GET BUSY)
5. Work on a buddy system -accountability training partner
6. Implement **NEW ATTENDANCE CARDS**

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

HEAL BALANCE EMPOWER

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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



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