



MARTIAL ARTS

JK MARTIAL ARTS NEWSLETTER

Aug/Sept

2017

“A Black Belt is a White Belt that just never quit.”

TESTING

Congratulations to those who earned new belts recently:
Rolland, Rachel, Oliver, Jack J., Michael, Charlotte, Audrey, Earl, Elan, Ciaran M., Lainie, Merrick, Alex, Nick, Megan, Molly

NO KARATE

Robbinsdale Sat. August 12, 26, Sept 2, Mon. Sept 4

Woodbury Sat. August 12, 26, Sept 2

You are invited to attend class on another day or in the other dojo.

BLACK BELT TEST

August 26, 1-4PM in Woodbury. Good Luck to the four students that are testing; Joshua, Noah, Erik and Jaz

REFER OTHERS

Friends, families, therapists, parent groups. We have room for more students-all ages!

TOURNAMENT SCHEDULE

Ask Sensei for tournament coaching - win a trophy!

- September; MN State Karate Championships
- Oct 6, 7 Diamond National in Minneapolis
- Nov 12 Fall Central States Karate Championships
- Feb Twin Cities Rumble
- April 15 NCKA Finals

CUSTOMIZED AND
ADAPTED TO YOU

Class Schedule

ROBBINSDALE

Monday:

Beginners: 6:00-6:45

Intermediate/BB: 6:45-7:30

Thursday:

Beginners: 6:00-6:45

Intermediate/BB: 6:45-7:30

Saturday:

Beginners: 9-9:45

Intermediate: 9:45-10:30

Advanced: 10:30-11:15

WOODBURY

Tuesday:

Advanced: 5:30-6:15

Intermediate: 6:15-7:00

Beginners: 7-7:45

Saturday:

Beginners: 12:30-1:15

Advanced: 1:15-2

Intermediate: 2-2:45

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RESPECT DISCIPLINE HONOR HUMILITY