



MARTIAL ARTS

JK MARTIAL ARTS NEWSLETTER

Oct
2017

“If you think you are too small to make a difference,
try sleeping with a mosquito.”

Dalai Lama

CUSTOMIZED AND
ADAPTED TO YOU

TESTING

Congratulations to those who earned new belts recently:

Lauren, Ciaran, Audrey, Charlie, Chris

NO KARATE

Woodbury Oct 31-have a fun Halloween!

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

T-SHIRTS AND SWEATSHIRTS

Placing orders for your choice of color on Oct 15.

REFER OTHERS

Please tell friends, families, therapists, parent groups.

We have room for more students-all ages, all learners!

TOURNAMENT SCHEDULE

- Oct 6, 7 Diamond National in Minneapolis

This Saturday night show is amazing- the best karate in the nation!

Future Tournaments

Ask Sensei for tournament coaching - win a trophy!

- Oct 28th NTI Championships, Owatonna
- Nov 12 Fall Central States Karate Championships
- Feb Twin Cities Rumble
- April 15 NCKA Finals

Class Schedule

Robbinsdale

Monday:

Beginners: 6:00-6:45

Intermediate/Adv: 6:45-7:30

Thursday:

Beginners: 6:00-6:45

Intermediate/Adv: 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