

JK MARTIAL ARTS

# SEPTEMBER NEWSLETTER

THE TRADITION  
CONTINUES...



MARTIAL  
ARTS

“Keep your dreams alive. Understand to achieve anything requires faith and belief in yourself, vision, hard work, determination, and dedication. Remember all things are possible for those who believe.” (Author unknown)

Congratulations to everyone that tested in August!!

No Karate September 4<sup>th</sup>, 6<sup>th</sup> and 9<sup>th</sup>  
October 10<sup>th</sup>

Back to Groves Wednesday September 8<sup>th</sup>  
We will be in the big gym until further notice.

What students will be working on in September

Steelers: 1-5 Ipon right and left side  
Bears/Packers: Bo 10/Gei sai  
Twins: Go Pi sho and made up forms  
Black belts: Animal forms and tisu

Tournaments

Sept 19<sup>th</sup> City of the Lakes in New Hope  
Oct 10 Diamond Nationals in Bloomington

## Class Schedule

### Wednesday:

Steelers: 6:00-6:45  
Black belts: 6:45-7:30

### Thursday:

Bears/Packers: 5:30-6:15  
Twins: 6:15-7:00  
Black belts: 7:00-7:45

### Saturday:

Steelers: 9:00-9:45  
Bears/Packers: 9:45-10:30  
Twins: 10:30-11:15  
Black belts: 11:15-12:00

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