



JK MARTIAL ARTS NEWSLETTER

June/July

2018

When "I" is replaced by "we", even "illness" becomes "wellness".

MARTIAL ARTS

TESTING

Congratulations to those who earned new belts recently: Noah L., Alex, Hayden N., Molly, Anika, Caiden, Earl, Jane, Gunnar, Charlie, Brynhilde, Jack, Michael

NO KARATE

Robbinsdale: Sat, June 9, June 30, Mon. July 2
Woodbury: Sat Jun 23, June 30, Tues. July 3, Sat July 28

Have a fun 4th of July!

You may come to class other days or at other dojo.

VIDEOS

We have videos of the forms and belt tying. If a video will help you, let us know. We'll email the link to you. They are not to be shared with others.

MARK YOUR CALENDAR

Black Belt Test August 25 1-4PM in Woodbury Dojo.
No classes on August 25.

WELCOME BACK MS. PERI

TOURNAMENT SCHEDULE

*Congratulations to recent trophy winners;
Hayden B. and Ms. Biza!!*

- Sept 16, MN State Karate Championship
- Oct 5, 6 Diamond Nationals, Minneapolis
- November, Central State Championship
- February, Twin City Rumble

CUSTOMIZED AND
ADAPTED TO YOU

Class Schedule

Robbinsdale

Monday:

Beginner: 6:00-6:45
Intermediate/Advanced: 6:45-7:30

Thursday:

Beginner/Intermediate: 6:00-6:45
Intermediate/Advanced: 6:45-7:30

Saturday:

Beginner: 9-9:45
Beginner/Intermediate: 9:45-10:30
Advanced: 10:30-11:15

Woodbury

Tuesday:

Advanced: 5:30-6:15
Intermediate: 6:15-7:00
Beginner: 7-7:45

Saturday:

Beginner/Intermediate: 12:30-1:15
Advanced: 1:15-2

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RESPECT DISCIPLINE HONOR HUMILITY