



MARTIAL ARTS

JK MARTIAL ARTS NEWSLETTER

July
2020

TEAM WORK:

There is no "i" in Team work, but there is a Win.

Michael Jordan

CUSTOMIZED AND
ADAPTED TO YOU

TESTING

Congratulations on your new belts!

Buster, Killian, Jack Ja., Memphis

Congratulations on your tips!

Michelle, Brian, Derek

NO KARATE SAT JULY 4TH

Have a fun Holiday

CLASS OUTSIDE AND ON ZOOM

1-OUTSIDE AT THE DOJO (all classes)

Monday, Thursday and Saturday

- Cancellations due to weather will be announced by email and changed to zoom with enough notice. (Heat index above 90, high winds, tornado warning, lightening)

2-CLASSES ON LINE VIA ZOOM

Only on Monday and Thursday

Those that requested Zoom have been sent a new link via email.

WELCOME BACK TO TEACHING SENSEI KATHERINE

She is teaching zoom classes on Monday and with Sensei Peri on Thursdays.

Class Schedule

Robbinsdale

Thursday:

Outside and Zoom

Beginner/Intermediate 5:45-6:30

Advanced 6:30-7:15

Black Belt 7:15-8:00

Saturday:

Outside only

Beginner 9:30-10:15

Intermediate 10:15-11:00

BB/Advanced 11:00-11:45

Woodbury

Monday:

Outside and Zoom

Beginner/Intermediate 5:45-6:30

Advanced 6:30-7:15

Saturday:

Outside only

Beginner/Intermediate 12:30-1:15

BB/Advanced 1:15-2

Dragons 2-2:45

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RESPECT DISCIPLINE HONOR HUMILITY