



JK MARTIAL ARTS NEWSLETTER

February

2026

MARTIAL ARTS

*"If you don't go after what you want, you'll never have it.
If you don't ask, the answer is always NO.
If you don't step forward, you're always in the same place."*

CHANGE IN HOURS

Robbinsdale: Thursday- all students at 5:45-6:30

NO class at 6:30

Saturday- Advanced/BB 10-10:45

Beginner/Intermediate 10:45- 11:30

TIPS TO PREPARE FOR BELT TESTING

- Practice outside of class.
- When riding in the car, sitting in the house, lying on your bed, close your eyes and *visualize* the form in your mind.
- Attend extra classes.
- Ask to stay after class. Offer to help teach.
- Arrange for private lessons by talking to Sensei Joyce.

TOURNAMENT

MN State Championships, March 15th Eden Prairie

Register at mnstatekcg@gmail.com

Let Sensei know if you intend to compete.

CUSTOMIZED AND
ADAPTED TO YOU

Class Schedule

Robbinsdale

Thursday:

Intermediate/Advanced 5:45-6:30

Saturday:

Advanced/BB 10:00-10:45

Intermediate 11:00-11:45

Woodbury

Monday:

Privates 5:15-5:45

Advanced 5:45-6:30

Saturday:

Advanced 12:45-1:30

Black Belt 1:30-2:15

Sensei Joyce Brekke

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RESPECT DISCIPLINE HONOR HUMILITY