

AUGUST 2015 - RMA KARATE - DOJO NEWSLETTER



THIS MONTH

- Women's Self Defense
- Movie Night
- Tournaments



Important

-New
schedule!

See the
door.

-LOGIN for
class

We're still
working on
the kinks.

- August
6th

Payment due
for Women's
Self
Defense

Birthdays:

★ 8th: Jude

★ 11th:

Kaylee

(please let us
know if we
missed yours!)

Congratulations to Kyoshi Randy Robinson!

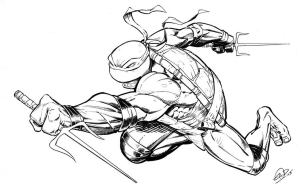
We're proud to announce his promotion to 7th degree black belt by Kuro Bushi Martial Arts. And welcome back from training with Bill McDonald, Grand Master of Goju Shorin Karate!

Karate is Good for Grades

It might sound crazy, but doing karate actually helps school performance! The focus, discipline, memory, goal setting and confidence that comes from practicing karate don't just stay at the dojo - they transfer to the classroom. Here at RMA we've seen firsthand how kids are transformed from struggling, inattentive students to kids who actually enjoy school and are successful, getting grades they never thought possible. We believe in the power of education, and know that martial arts is a way to help your child grow. The bottom line is that we believe in your child's ability to do well, and we're here to give them the confidence to make it happen.

Upcoming AWESOME Events

- **AUGUST 15** - FREE MOVIE NIGHT TEENAGE MUTANT NINJA TURTLES 2
- **AUGUST 14 - SEPTEMBER 11** - (FRIDAYS)
WOMEN'S SELF DEFENSE 7-9 PM
- **AUGUST 22** - MOUNTAIN VIEW OPEN TOURNAMENT IN HICKORY
- **SEPTEMBER 5** - FREE MOVIE NIGHT: BRUCE LEE
- **SEPTEMBER 12** - TOURNAMENT
- **OCTOBER 25** - O'KA ZEN CENTER RETREAT WITH ROSHI PAUL GENKI KAHN AND ROSHI MONIKA GENMITSO KAHN
- **NOVEMBER 7** - JAPANESE JIU-JITSU SEMINAR WITH LEGENDARY MARTIAL ARTIST MICHAEL DEPASQUALE JR



DISCIPLINE. HONOR. RESPECT.