

# January 2023

**Quitters Never Win & Winners Never Quit”  
Which one are you?**



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 <b>Happy New Year!</b>	2 <b>Dojo Closed</b> <b>Dojo is CLOSED on Friday, December 30, 2022</b>	3 <b>Private Lessons</b> 11:00 am-2:00 pm <i>Family Beg/Adv:</i> 6:30-7:30pm <i>Private Lessons:</i> 7:30-8:30 pm	4 <b>Teens/Adults:</b> 11-12 pm & 12-1:00pm <b>Juniors:</b> 5:30pm-6:30pm Beg. 6:30pm-7:30pm Adv. <b>Teens/Adults:</b> 7:30 -8:30pm	5 <b>Private Lessons</b> 11:00 am-2:00 pm <i>Family Beg/Adv:</i> 6:30-7:30pm <i>Private Lessons:</i> 7:30-8:30 pm	6 <b>Teens/Adults</b> 11-12 pm & 12-1:00pm <b>Juniors:</b> 5:30pm-6:30pm Beg. 6:30pm-7:30pm Adv. <b>Men &amp; Women's Self-Defense Class :</b> 7:30 -8:30pm	7 <i>Beg Juniors:</i> 11-12pm . <i>Beg. Juniors:</i> 12-1pm <i>Adv. Juniors:</i> 1-2pm <i>Family Beg&amp;Adv:</i> 2-3pm
8	9 <b>Teens/Adults:</b> 11-12 pm & 12-1:00pm <b>Juniors:</b> 5:30pm-6:30pm Beg. 6:30pm-7:30pm Adv. <b>Teens/Adults:</b> 7:30 -8:30pm	10 <b>Private Lessons</b> 11:00 am-2:00 pm <i>Family Beg/Adv:</i> 6:30-7:30pm <i>Private Lessons:</i> 7:30-8:30 pm	11 <b>Teens/Adults:</b> 11-12 pm & 12-1:00pm <b>Juniors:</b> 5:30pm-6:30pm Beg. 6:30pm-7:30pm Adv. <b>Teens/Adults:</b> 7:30 -8:30pm	12 <b>Private Lessons</b> 11:00 am-2:00 pm <i>Family Beg/Adv:</i> 6:30-7:30pm <i>Private Lessons:</i> 7:30-8:30 pm	13 <b>Teens/Adults:</b> 11-12 pm & 12-1:00pm <b>Children:</b> 5:30pm-6:30pm Beg. 6:30pm-7:30pm Adv. <b>Men &amp; Women's Self-Defense Class :</b> 7:30 -8:30pm	14 <i>Beg Juniors:</i> 11-12pm . <i>Beg. Juniors:</i> 12-1pm <i>Adv. Juniors:</i> 1-2pm <i>Family Beg&amp;Adv:</i> 2-3pm
22	16 <b>Teens/Adults:</b> 11-12 pm & 12-1:00pm <b>Juniors:</b> 5:30pm-6:30pm Beg. 6:30pm-7:30pm Adv. <b>Teens/Adults:</b> 7:30 -8:30pm	17 <b>Private Lessons</b> 11:00 am-2:00 pm <i>Family Beg/Adv:</i> 6:30-7:30pm <i>Private Lessons:</i> 7:30-8:30 pm	18 <b>Teens/Adults:</b> 11-12 pm & 12-1:00pm <b>Juniors:</b> 5:30pm-6:30pm Beg. 6:30pm-7:30pm Adv. <b>Men &amp; Women's Self-Defense Class :</b> 7:30 -8:30pm	19 <b>Private Lessons</b> 11:00 am-2:00 pm <i>Family Beg/Adv:</i> 6:30-7:30pm <i>Private Lessons:</i> 7:30-8:30 pm	20 <b>Teens/Adults:</b> 11-12 pm & 12-1:00pm <b>Children:</b> 5:30pm-6:30pm Beg. 6:30pm-7:30pm Adv. <b>Men &amp; Women's Self-Defense Class :</b> 7:30 -8:30pm	21 <i>Beg Juniors:</i> 11-12pm . <i>Beg. Juniors:</i> 12-1pm <i>Adv. Juniors:</i> 1-2pm <i>Family Beg&amp;Adv:</i> 2-3pm
22	23 <b>Teens/Adults:</b> 11-12 pm & 12-1:00pm <b>Juniors:</b> 5:30pm-6:30pm Beg. 6:30pm-7:30pm Adv. <b>Teens/Adults:</b> 7:30 -8:30pm	24 <b>Private Lessons</b> 11:00 am-2:00 pm <i>Family Beg/Adv:</i> 6:30-7:30pm <i>Private Lessons:</i> 7:30-8:30 pm	25 <b>Teens/Adults:</b> 11-12 pm & 12-1:00pm <b>Juniors:</b> 5:30pm-6:30pm Beg. 6:30pm-7:30pm Adv. <b>Teens/Adults:</b> 7:30 -8:30pm	26 <b>Private Lessons</b> 11:00 am-2:00 pm <i>Family Beg/Adv:</i> 6:30-7:30pm <i>Private Lessons:</i> 7:30-8:30 pm	27 <b>Teens/Adults:</b> 11-12 pm & 12-1:00pm <b>Children:</b> 5:30pm-6:30pm Beg. 6:30pm-7:30pm Adv. <b>Men &amp; Women's Self-Defense Class :</b> 7:30 -8:30pm	28 <i>Beg Juniors:</i> 11-12pm . <i>Beg. Juniors:</i> 12-1pm <i>Adv. Juniors:</i> 1-2pm <i>Family Beg&amp;Adv:</i> 2-3pm
29	30 <b>Teens/Adults:</b> 11-12 pm & 12-1:00pm <b>Juniors:</b> 5:30pm-6:30pm Beg. 6:30pm-7:30pm Adv. <b>Teens/Adults:</b> 7:30 -8:30pm	31 <b>Private Lessons</b> 11:00 am-2:00 pm <i>Family Beg/Adv:</i> 6:30-7:30pm <i>Private Lessons:</i> 7:30-8:30 pm	<b>Theme of the month:</b> <b>Dependability:</b> The quality of being able to be relied on or trusted.	<b>TO QUALIFY FOR:</b> “ <u>Full Split Club</u> ,” “ <u>Exceptional attendance</u> ,” “ <u>Form Excellence</u> ,” “ <u>Sparring Excellence</u> ” patches, etc., <b>FIRST</b> you need to earn “ <u>Karate Creed</u> ”, “ <u>Student Creed</u> ”, & “ <u>Isshinryu Codes</u> ” patches.		

**WORDS OF WISDOM:** "The path of martial arts begins and ends with courtesy. So be genuinely polite on every occasion."

-Mas Oyama **New Year Resolution: "We will give out before we give in."**

**Upcoming Events: 1 – 2023 KIAI Grand National on June 16 and 17, 2023**

**2 – Once a Month Special Black Belt Training Class: Will be announced in class.**

**We would like to congratulate Sensei Thelma Jones on her 5<sup>th</sup> Degree Black Belt and her 90<sup>th</sup> Birthday!**

**Attention Parents and Students:** Classes are going very nicely. We are complying with all CDC guidelines. Students can come in uniform; they can bring water bottle. Masks are optional, and mat shoes or socks are required.