



# THE DOJO TIMES

FEBRUARY 2010

WWW.MOUNTAINVIEWKARATE.NET

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## Calendar of Events

Feb. 26 – MVKC Banquet  
Please arrive by 5:45 PM

March 5 – Kid's Testing at the  
SPA. Please arrive by 5:45 PM

## Announcements

**MVKC Banquet** - The dojo banquet will be on Friday, February 26th. Dinner will be from 6:00 – 7:00 PM and the awards will be from 7:00 – 8:00 PM. The banquet is open to everyone; students, family, and friends. Dinner is potluck, so we are asking that each family bring a dish and/or dessert. If you plan to bring something, please sign up, or let Sensei Armstrong or Kristina know. This is our annual banquet to honor our 2009 accomplishments. All students (17 & under) who attend will receive their MVKC Student ID Card. There will also be a slide show for everyone to see.

**Pictures** - L&M Photography will be here for karate portraits on March 6th beginning at 1:00 PM. There is a \$10 sitting fee that is required at sign up. You may view the pictures on their computer at the time that they are taken and then place your order. You may also do family portraits. You may bring trophies, karate weapons, awards, etc. Limited space available. PLEASE SIGN UP SOON!

**Attention Parents!**- All students' things must be labeled (gear, bags, belts, uniforms, etc.). All boys must wear protective cups.

**Women's Self-Defense Class**- Catawba County Sheriff and SWAT team member Anthony Stafford will now be teaching our free monthly women's self-defense class. It will be held at the Foothills Dojo from 9-10 AM the first Saturday of each month. Take advantage of this learning experience. Ages 13 and up are welcome.

**It's a New Year** - All current students will receive a \$25 gift card for dojo gear and apparel for any new students referred to Mt. View Karate Centers. Pick up a few of the "2 Free Class" coupons that are on the table in front of the dojo.

**New Students** - It is mandatory to purchase sparring gear prior to testing for your gold belt. If you have any questions about purchasing, please contact Kathy Cline at 828.612.2719. Also, please be sure that ALL EQUIPMENT is labeled with your child's name. This helps us to cut down on the clutter in the dojo, and saves you from having to purchase items that you already have.

**Newsletter Now Online**- Please check out our new and improved website [www.mountainviewkarate.net](http://www.mountainviewkarate.net). A special thanks to Kathy Cline for the awesome job!



Words from Sensei: *"The book of life will be easier if we are all on the same page."*