



# March 2019

The "Science" of karate  
 $F = ma$   
 Focus = Maturity x Attitude



	Mon	Tue	Wed	Thu	Fri	Sat
			VACATION WEEK!!!		1 No Classes	2 No Classes
3	4 Goju Regular Classes	5 Regular Classes	6 Regular Classes	7 Sparring Regular Classes	8 No Classes	9 Kobudo with Waka-Sensei Regular Classes
10 SIX DAY SUGAR CHALLENGE!	11 Regular Classes	12 Goju Regular Classes	13 Regular Classes	14 Sparring Regular Classes	15 No Classes	16 Regular Classes
17 	18 Regular Classes	19 Regular Classes	20 Sparring Regular Classes	21 Goju Regular Classes	22 Pre-tournament Exhibition Board Breaking for Charity Special Event!	23 Kobudo with Waka-Sensei Regular Classes
24/31	25 Regular Classes	26 Sparring Regular Classes	27 Goju Regular Classes	28 Sparring Regular Classes	29 No Classes	30 Regular Classes

## MARCH 22: Board Breaking for Charity and Kata Exhibition!

This event supports the **Raymond Coalition for Youth 5:30-7 pm**

Next testing date April 5, 2019

Please mark your calendars. Tournament date is Saturday, May 11, 2019!!!

See reverse for 6-day sugar challenge!

Kaizen Academy Martial Arts L.L.C  
 Raymond Shopping Center  
 Raymond, NH 03077  
 RaymondKarate.com  
 Phone: 603-895-1545  
 E-mail: Ken@RaymondKarate.com