

# ALASKA JUNDOKAN KARATE

A NON-PROFIT 501(C)(3) CORPORATION

## OCTOBER NEWSLETTER

### HERE IS THE NEW FALL CLASS SCHEDULE

MONDAY	5:45-7:00 PM	Open class
	7:00-8:00 PM	Adult/Advanced
TUESDAY	NO CLASS	
WEDNESDAY	5:45-7:00 PM	Open class
	7:00-8:00 PM	Adult/Advanced
THURSDAY	4:30-5:30 PM	Hope class
	5:45-7:00 PM	Kobudo class/ green belt and up
FRIDAY	NO CLASS	
SATURDAY	9:00-10:00 AM	Black Belts
	10:00-11:30 AM	Open class

The last test was successful. Congratulations to all the new green and brown belts and everyone who tested.

October 22 We will be doing a demonstration at the Anchorage Ballet fundraiser. If you are interested in participating contact Sensei Robert or Sensei Rolando

October 22 Sensei Scott's tournament in Fairbanks. If you are interested in competing contact Sensei Mark or Sensei Mary. They have their plane tickets already so if you want to coordinate with them, contact soon.

October 31 Halloween party at the Dojo. We will be having some fun games and food. We will have a sign-up sheet. Please contact Sensei Kelleen for details

WOMEN'S SELF-DEFENSE CLASS-Saturday October 29/November 5

Tournament in Arizona on Nov 5. For details contact Senseis Mark or Mary