

Dragon Tale's

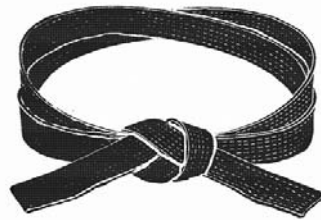
September 2009

Inside

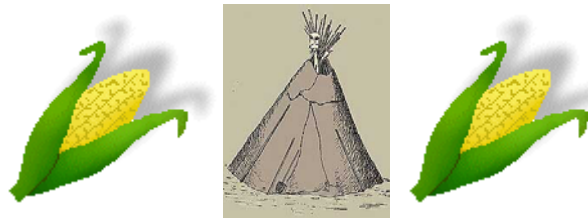
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Birthdays for August

Chris Roche
Gordon MacIntosh
Jordan Khakh
Kaiden Virchert
Kelly Kean
Khanh Tran
Madison Cogswell
Melissa Morgan
Miles Huynh
Mitchell Narver
Nathan Duifuis
Owen Morris
Quinn Tanner
Richard Guthrie
Ry Jorgensen
Stuart Morrison
Trenton Gagnon
Abigail Miles
Aurora Surry
Chantelle Beverisge
Cole Artress
Emma Britton
Hayden Palmer
Jayden Hodges
Keegan Fink
Triston Dougan
Tyler Ponsford



The next grading will be October 2nd, 7:00pm at the Nanaimo Dojo. As usual the gradings will be on the first Friday of each month. There will be 3 advanced gradings this season as well as the black belt gradings. Check the calendar and plan your year.



Corn Roast / Anniversary Barbeque

September 19th is the date for our next corn roast. It is also the Lantzville Dojo's 15th anniversary so we will be having another great big party. We will be supplying the corn, burgers and hot dogs but it is pot luck for everything else.

There will be door prizes including another "Samurai Sword" that we will be giving away.

If you wish to camp you may do so. The cost to camp is \$8.50 per adult and \$5 per child. Some will be camping on the evening of Friday the 18th but the big night is Saturday the 19th.

Please get your name on the signup list at your dojo so we have an idea of how many people will be coming. Remember bring friends or family, anyone who wants to come have a good time.

Fall Schedule

The fall schedule will begin on September 8th.

Please note there are some CHANGES to some of the times and duration of the classes.

If you have any questions or concerns please contact us.

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Shima Karate Fall Schedule

Fall Schedule Starts - September 8th, 2009

Monday	Open 1:00pm-9:00pm
3:30 – 4:15	Samurai Beginner (start date TBD)
4:30 – 5:25	Jr White Class
5:30 – 6:25	Jr Yellow & Orange
6:35 – 7:35	Teen White, Yellow, Orange
7:45 – 8:45	Adult White, Yellow, Orange
Tuesday	Open 1:00pm-9:00pm
3:30 – 4:25	Jr Yellow & Orange
4:30 – 5:15	Samurai Yellow to Green Stripe
5:30 – 6:25	Jr White
6:35 – 7:35	Jr & Teen Green & Up
7:45 – 9:00	Adult Green & Up
Wednesday	Open 1:00pm-9:00pm
3:30 – 4:15	Samurai Beginner (start date TBD)
4:30 – 5:25	Jr White Class
5:30 – 6:25	Jr Yellow & Orange
6:35 – 7:35	Teen White, Yellow, Orange
7:45 – 8:45	Adult White, Yellow, Orange
Thursday	Open 1:00pm-9:00pm
3:30 – 4:25	Jr Yellow & Orange
4:30 – 5:15	Samurai Beginner
5:30 – 6:25	Jr White
6:35 – 7:35	Jr & Teen Green & Up
7:45 – 9:00	Adult Green & Up
Friday	Open 1:00pm – 8:00pm
3:30 – 4:15	Samurai Beginner
4:20 – 5:05	Samurai Yellow to Green Stripe
5:10 – 5:55	Samurai Purple Stripe & Up
6:00 – 6:45	Jr Weapons (cancelled on grading nights)
7:00 – 7:45	Adult Weapons (cancelled on grading nights)
Saturday	Open Class 12:00 – 1:00
Sunday	Closed

Shima Karate School – Nanaimo, 756-1055



Registration Week

Registration week for the fall schedule will be from August 31st to September 4th. Contrary to what the last newsletter said we will be having some Jr and Adult classes during this week but it will still be the summer schedule.

There will be no day classes or Samurai classes.

If you wish to get your child registered for fall please come in ASAP as there may not be room in all the classes.



*Year Calendar
September 2009 – August 2010*

Calendars

Calendars are now available for the new season. We have changed the size of the calendars thus lowering the price enough that we can now give them away. So make sure you get yours so you can have all the important dates for the coming year. Please always check with the dojo before assuming the dates are correct, sometimes they are subject to change as it is very difficult to predict a year in advance



Watch your thoughts as they become your words...
Watch your words as they become your actions...
Watch your actions as they form your habits...
Watch your habits as they will become your destiny!



In other words

Your thoughts will become your destiny

Dojo Closed

The dojo will be closed September 7th,
for the Labour Day holiday.
See you September the 8th for the new
season



All weapons classes will be starting on Friday
October the 16th. As you can see by the schedule
the Jrs will be from 6:00 – 6:45 and the Adults
from 7:00 – 7:45.

We will be putting out a signup list for any students
that are interested. We will take new weapons
students until the beginning of December, after that
we will not take any more new students.



Fall Organization Fees (IKGA / Karate BC / Shima)

Unfortunately the organization fees for the various
organizations that we belong to have gone up this
year. They will be as follows:

Samurai's	- \$30.00
Juniors (up to 15)	- \$60.00
Adults (16 & up)	- \$80.00

These are due to be paid when you come in to
register for the fall season, or if you continued to
train through the summer they will be due in
September.

The good news is the regular training fees have not
changed at all this year

If you have any questions please let us know.



First Aid Course

On Sunday September the 27th we will be putting on a
1st aid course for any Shima Karate School students.

Remember before you can go for your black belt you must have a 1st aid
certificate. It will be held at Advanced 1st Aid at 2221 McGarrigle off
Northfield Rd.

It will be from ??? to ??? (it will be an 8 hour course, times TBD) and will
cost \$78.75 (inc GST). If you have any questions please let me know.

Sensei