



# ACADEMY OF TRADITIONAL KARATE

Teaching life skills since 1989  
155 West Street, Suite 5  
Wilmington, MA 01887

**July Curriculum Stripe**  
Character / Culture  
Safety / Life Skills  
(Gold Stripe)

**Character Stripe:**  
"Integrity"

**Character Theme:**  
Black Belt  
Character



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# July 2011

SUN	MON	TUES	WED	THURS	FRI	SAT
26 <b>New Information Week</b> <b>Spirit Week</b>	27 7:45-8:30 Kobudo <b>Hat Night!</b>	28 <b>Treat Day- Flavor Ice</b> ☺ <b>Red, White &amp; Blue Night!</b>	29 9:00 am - Little Samurais 10:00 am - Youth Class 1:15 pm- Little Dragons 7:45 pm- Adult Grappling <b>Sports Night!</b>	30 5:00- Little Dragons 5:00- Soft Weapons <b>Hat Night!</b>	1	2 Dojo Closed for Independence Day
3 Dojo Closed for Independence Day	4  <b>Enjoy your break!</b>	5	6 <b>Did you Sign Up for Summer Camp Yet?</b>	7	8	9 10:00 am-11:00 am- Tutoring/ Open Floor 11:00 Youth Grappling 11:15 am- Little Dragons 12:00 pm- Advanced Training Class - Blue Belt and Up
10 Review Week / Gear Week Bring your Gear!!!	11 7:45-8:30 Kobudo <b>Gear Day!</b>	12 <b>Gear Day!</b>	13 9:00am Little Samurais 10:00am Youth Class 1:15 pm- Little Dragons <b>Treat Day - Evening Classes</b> ☺ 6:45pm Adult Doshi Kai Challenge Class 7:45 pm- Adult Grappling <b>Gear Day!</b>	14 5:00- Little Dragons 5:00- Soft Weapons 6:45-7:45 pm <b>Youth Doshi Kai Challenge Class</b>	15 <b>Catch-Up on Karate Night</b> Time: 6:00pm - 8:00pm Cost: Free! Open to LS, Youth, Teen, Adult *LS tutoring will be held from 6:00-7:00 then there will be other activities from 7:00-8:00	16 10:00 am-11:00 am- Tutoring/ Open Floor 11:00 Youth Grappling 11:15 am- Little Dragons <b>Gear Day!</b>
17 Bring a Friend / Parent Participation / Child Lures Prevention Week	18 9:00am - 1:00pm <b>SUMMER KARATE CAMP!</b> 7:45-8:30 Kobudo <b>Bring a Friend</b>	19 9:00am - 1:00pm <b>SUMMER KARATE CAMP!</b> 5:45pm- New Student Orientation <b>Bring a Friend</b>	20 9:00am - 1:00pm <b>SUMMER KARATE CAMP!</b> 9:00am Little Samurai Class 10:00am Youth Class 1:15 pm- Little Dragons 7:45pm-8:30pm Leadership Team Class No Grappling <b>Bring a Friend</b>	21 5:00- Little Dragons 5:00- Soft Weapons <b>Treat Day - Flavor Ice</b> ☺ <b>Bring a Friend</b> ☺	22 <b>Remember to sign up for the cookout!</b>	23 10:00 am-11:00 am- Tutoring/ Open Floor 11:00 Youth Grappling 11:15 am- Little Dragons <b>Bring a Friend</b>
24 Evaluation Week Little Samurai Gear Week	25 7:45-8:30 Kobudo Little Samurai Gear Day	26 <b>Evaluations</b> <b>Summer Cookout</b> at Ipswich River Park at 5:30PM 4PM Little Samurai Class Dojo Closes at 5PM 	27 <b>Evaluations</b> 9:00am Little Samurais 10:00am Youth Class 1:15 pm- Little Dragons 7:45 pm- Adult Grappling Little Samurai Gear Day	28 <b>Evaluations</b> 5:00- Little Dragons 5:00- Soft Weapons Little Samurai Gear Day	29	30 <b>Evaluations</b> 10:00 am-11:00 am- Tutoring/ Open Floor 11:00 Youth Grappling 11:15 am- Little Dragons <b>Treat Day - Oreos</b> 1:30 pm Promotional ☺ Little Samurai Gear Day
31 New Information Week	<b>SCHEDULE OF EVENTS</b>					

**Kobudo - Hard Weapons**  
August 1, 8, 15, 22, 29- 7:45-8:30 pm

**Doshi Kai Soft Weapons**

Open to All Doshi Kai Students  
Order your Soft Sword Package Today  
Every Thursday at 5:00 pm



**Doshi Kai Classes**

**Adult Martial Arts Movie Class!**  
Wednesday, August 3- 6:45-7:45 pm

**Youth Martial Arts Movie Class!**  
Thursday, August 4- 6:45-7:45 pm

**Leadership Training Class**  
Wednesday, August 17- 7:45-8:30 pm

**July Events**  
Sign up at the Reception Desk!  
**Summer Camp!**

Date: July 18-20 (Mon-Wed)

Time: 9:00am - 1:00pm

Cost: \$149 for all three days

Pack a **peanut-free** lunch and come ready for lots of fun! We will have water gun fights, NERF wars, KINECT, and more!

**Catch-up on Karate Night**

Date: Friday, July 15

Time: 6:00pm - 8:00pm

\*LS tutoring will be held from 6:00- 7:00 then there will be activities for them from 7:00-8:00

Make up those summer classes you've missed to work towards your next stripe or belt!

**The Academy's Annual Cookout**

Date: Tuesday, July 26th

Time: 5:30 pm—7:30/8:00 pm

Place: Ipswich River Park in North Reading (Central Street, North Reading)

Sign up at the Reception Desk to Bring Your Favorite Dish!

Dojo Closes at 5 pm for the Cookout.  
4:00 Little Samurai class will be held!

**August Events**

Sign up at the Reception Desk!

**August Day Rank Camp**

Date: Thursday, August 11th

Time: 8:00am - 12:00pm

Cost: \$59

**Jedi Training Night**

Date: Friday, August 19th

Time: 6:00pm - 9:00 pm

Cost: \$25, \$5 for guests

**August New Student Orientation**

Thursday, August 18 at 5:45pm

**August Evaluations**

August 22-25 & 27

**August Promotional Event**

Saturday, August 27th at 1:30 pm

**Quote of the Month**

"Karate-do is definitely a martial way, and its identity lies in "Do" or principles. Any martial art without proper training of the mind turns into beastly behavior."

- Shoshin Nagamine, founder of Shorin-Ryu



See Newsletter for More Event Details