



Mat Chat

Issue 2

November 2009

Upcoming Events



- Bragging Rights tournament November 14th. Please check the schedule at the dojo for your time slot.
- Zumba Classes have started at 9 am on Saturday mornings.

The Academy would like to congratulate Jay Powell on becoming the champion in the 145 pound weight class. J.P. Hagood will be defending his 155 pound belt on November 7th at Area 151. Also The Academy would like to congratulate every person who competed in this year's MASK tournament season.

What the black belts are doing

Sensei Sutton recently went to Okinawa to train with several grand masters. When she was not training she spent time with her family in Okinawa and took in the sights.

Ask the Sensei

Please submit questions to anyone of the Sensei's and they will be glad to respond to them in this section.

