



Shima Karate Dojos
balancing body mind spirit



Dragon Tale's

July 2011

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July Birthdays

| | |
|---------------|-----------|
| Carter | Melson |
| Claire | Bilyk |
| Joel | Bilyk |
| Kaz | Tomiyama |
| Kevin | Robinson |
| Logan | O'Brien |
| Mark | Zandee |
| Myles | Vandeleur |
| Richard | Jane |
| Trenton | Harper |
| Honor (Nonny) | Thaagaard |
| Koelson | Camp |
| Merrick | Richers |

Happy Birthday to all of you



Summer 2011 Schedule

Starts June 27th, 2011

| Monday | Open 3:00pm-8:00pm |
|--|-------------------------|
| 5:30 – 6:30 | Jr All Belts (8 – 11) |
| 6:45 – 8:00 | Adult All Belts |
| Tuesday | Open 3:00pm-8:00pm |
| 4:30 – 5:15 | Samurai (4-7) |
| 5:30 – 6:30 | Jr All Belts (8 – 11) |
| 6:45 – 8:00 | Teen All Belts (9 – 13) |
| Wednesday | Open 3:00pm-8:00pm |
| 4:30 – 5:15 | Samurai (4-7) |
| 5:30 – 6:30 | Jr All Belts (8 – 11) |
| 6:45 – 8:00 | Adult All Belts |
| Thursday | Open 3:00pm-8:00pm |
| 4:30 – 5:15 | Samurai (4-7) |
| 5:30 – 6:30 | Jr All Belts (8 – 11) |
| 6:45 – 8:00 | Teen All Belts (9 – 13) |
| Friday | Closed |
| Saturday | Open Class 12:00 – 1:00 |
| Sunday | Closed |
| Shima Karate School - Nanaimo 756-1055 | |



Next Regular Grading: August 19th, 2011

- 6:15pm for all Juniors Classes
- 7:30pm for all Teen and Adult Classes

Many of the students that are training through the summer will be ready for this grading.

Make sure that all your books are turned in by the Thursday before the grading.
Bring your sparring gear. Don't be late.

Remember: Train as much as you can when not on holidays during the summer. Students who continue to come in on occasion will maintain their belt level, Those who take the full summer always go backwards and end up taking a couple of months to get back to where they were before they left. Train to Maintain...



Land of the Midnight Sun

Sempai Brenda and I will be heading to Yellowknife for the annual IKGA Summer Camp. We will be gone for a week. Classes will continue to run as per the summer schedule with most of them being instructed by Sempai Scott or Sempai Mike.
If you have any questions please talk to them.

Dojo Closed July 4th

Shima Karate Fall Schedule

Start Date – Sept 6th, 2011

| Monday | Open 1:00pm-9:00pm |
|---------------------|--------------------------------|
| 3:30 – 4:15 | Samurai Class |
| 4:30 – 5:25 | Jr White & Yellow |
| 5:30 – 6:25 | Jr White & Yellow |
| 6:35 – 7:30 | Jr/Teen White, Yellow & Orange |
| 7:45 – 9:00 | Adult All Belts |
| Tuesday | Open 1:00pm-9:00pm |
| 3:30 – 4:25 | Jr White, Yellow & Orange |
| 4:30 – 5:25 | Jr White & Yellow |
| 5:30 – 6:25 | Jr Orange & Orange/Black |
| 6:35 – 7:30 | Jr/Teen Green & Green/Black |
| 7:45 – 9:00 | Blue & Brown – all ages |
| Wednesday | Open 1:00pm-9:00pm |
| 3:30 – 4:15 | Samurai Class |
| 4:30 – 5:25 | Jr White & Yellow |
| 5:30 – 6:25 | Jr White & Yellow |
| 6:35 – 7:30 | Jr/Teen White, Yellow & Orange |
| 7:45 – 9:00 | Adult All Belts |
| Thursday | Open 1:00pm-9:00pm |
| 3:30 – 4:25 | Jr White, Yellow & Orange |
| 4:30 – 5:25 | Jr White & Yellow |
| 5:30 – 6:25 | Jr Orange & Orange/Black |
| 6:35 – 7:30 | Jr/Teen Green & Green/Black |
| 7:45 – 9:00 | Blue & Brown – all ages |
| Friday | Open 1:00pm – 8:00pm |
| 2:15 – 3:00 | Samurai Advanced |
| 3:15 – 4:00 | Samurai Class |
| 4:15 – 5:00 | Samurai Class |
| 5:15 – 6:00 | Samurai Advanced |
| 6:30 – 8:00 | Brown/Black Belt Class |
| Saturday | Open 10:00am – 1:00pm |
| 10:00 – 10:45 | Junior Weapons |
| 11:00 – 12:00 | Adult Weapons |
| 12:00 – 1:00 | Open Training |
| Sunday | Closed |
| 250-756-1055 | |



Cost of Black Belt Membership- REDUCED!

- Shima Karate School, Nanaimo is putting up for sale *two* “Black Belt Memberships”.
 - It is the first time in 15 years we have offered this amazing deal.
 - One payment includes **all** training and **all** grading fees until you receive your black belt. (16-18 years of age)
 - Also it includes **all** weapons training and **all** weapons grading fees until you receive your Kobudo Black Belt.
- Onetime payment of only ~~\$4000.00~~ \$3000.00 – Limited time only (includes Grading fees up to and including open hand and kobudo black belt)
- Regular training and gradings for one person is over \$1000.00 per year.
 - If you take 8 years to get both belts this is a *saving* of almost \$7000.00
 - If you started training when you were 6 you would *save* almost **\$9000.00**

If you are interested in this amazing deal please talk to Sensei at the office about the details.

Act now as these will not last long.