

AROUND THE DOJO

News | Events | and Motivation

Grand Opening!
Saturday January 5th,
10am

Come Join us for a day
of Celebration, Fun,
Food, and Learning

10am Ribbon Cutting

10:05am Free Board
Breaking, and Kickathon
Challenge. Come in and
decorate and break a
board and compete for
prizes in a fun kicking
contest.

11:00am Free Anti-
Bullying Seminar

12:00pm Free Food!

1:00pm to 3:00pm Free
Ladies Self Defense
Seminar

Dreams into Goals 2019

Around the Dojo January 2019



New Class! We are adding a
Teen/Adult Karate Class on
Monday and Wednesday from
7pm to 8pm!

Morning Adult Karate is Back!
Tue/Thurs at 8:30am to
9:30am.

Free Goal Setting Materials and
Support is online to help you
reach your goals this year! Go
to the Students Zone:

Download your free packet and
get started. Hashtag your progress online #hickoryacademy!

Testing

Kids Karate Belt Testing: Friday January 25th 6pm to 7:30pm.

Kicking Cubs Belt Testing: Thursday January 24th 4:30pm

Teens/Adult Belt Testing: Thursday January 24th 7:00pm

Belt Testing List will be posted at the Dojo with Permission
Slips on Monday January 7th.

Saturday Classes: 9am Karate, 10am Jiu-Jitsu!



Connect With Us Online:

Facebook Fan Page @Hickory Academy of Martial Arts

Instagram: @HickoryAcademy

Youtube: @HickoryKarate Gear Up for Class

Need a New Uniform, Gear, or Heavy Bag? Go to our website www.hickorykarate.com and visit the Students Zone to order everything you need for training, or for class. We have several discounted Bundles, just for you. The best part is that your order is shipped directly to you!

Have a great month! See you on the mat soon.

-Sensei

Theme of the Month:

Goal Setting. We will be working on creating, setting, and reaching goals all month long. Discussing the importance of discipline over motivation, and staying the course to reach your full potential this year.

Leadership Team: We will be meeting Monday January 7th from 5:30pm to 6:15pm. Wear your Red Uniform, bring your notebook, pen, and paper!



New
T-

Shirts,

Hoodies, and More Available now on T-Spring:
<https://teespring.com/stores/hickory-academy>

Download the new Schedule, or register for camp, or order a new uniform or gear from our website
www.hickorykarate.com

Join our private students only Facebook Group:
@Hickory Academy Family

Join us in our commitment to Healthy Eating, Exercise, and Living, with our Blackbelt Kitchen Movement. Check out our Site for Articles, Recipes, and Motivation to live a healthy, happy Life!
www.blackbeltkitchen.me