
















(757) 483-0195  
www.karate-family.com

# MAY 2018

## VIRGINIA MARTIAL ARTS CENTER

Celebrating 38 Years!  
Since 1980



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 Find us on: <b>facebook</b> <i>Join the Official VMAC Facebook Group at facebook.com/groups/vamartialarts/</i>		1	2	3	4	5
			<b>Promotion Review</b>		Take the Family to Eat Out at and Support the VMAC National Championships Team <b>Wed, May 16th &amp; Thurs, May 31st</b> Tell your server you are there for VMAC 	
6	7	8	9	10	11	12
		<b>Green Belt &amp; Up TESTING 6:30pm</b>	<b>New Student / Parent Orientation 6:00pm</b>	<b>BLACK BELT CLUB Class &amp; Meeting Competition Class</b> 		
13	14	15	16	17	18	19
		 <b>LADIES FIGHT BACK</b> Self-Defense Seminar 7:00-9:00pm Ages 12 & Up	 <b>BOARD BREAKING SEMINARS</b>  <b>Sign up on the Bulletin Board</b>	  <b>Virginia Regional Karate Championships</b>		
20	21	 <b>SELF-DEFENSE &amp; The LAW SEMINAR 6:30 - 8:30pm</b> 		24	25	26
				<b>No Evening Classes</b>		<b>Dojo Closed</b>
27	28	29	30	31		
<b>Dojo Closed</b>  <b>MEMORIAL DAY</b>		<b>HURRY!!!</b> <b>SUMMER KARATE SPORTS CAMP</b> <b>Sign-Up before May 31st and SAVE \$\$\$!</b> <b>T-Shirt and Field Trips!!!</b> 			<b>Summer T-Shirt Days</b> From June 1st thru Labor Day you can wear this year's VMAC summer Martial Arts t-shirt in class instead of your traditional Gi top.	