

















Celebrating 39 Years!
1980 - 2019

March 2019

Karate-family.com
(757) 483-0195

VIRGINIA
MARTIAL
ARTS
CENTER

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
 Find us on: facebook ®	Join the Official VMAC Facebook Group at facebook.com/groups/vamartialarts/				1 Black Belt Club Class & Meeting  Competition Class	2 2020 Kuniba Kai Summit Organizing Committee Meeting 	
	CRAZY CA\$H CONTE\$T RULES "Check-In" on Facebook every time you come to class before April 30th. Include a picture of yourself, your child or the class in action. Show your "check-in" to the staff and get a ticket to put in the ticket bowl. The more "check-ins" you have, the more chances you have to enter. One "check-in" per person per day. Limit one prize per person.				8 Black Belt Club Class & Meeting  Competition Class	9 Raleigh AAU State Karate Tournament 	
10	11	12	13	14	15	16	
					22 Black Belt Club Class  Competition Class	23	
		19 POWERKIDS TESTING	20 Karate - Ju Jutsu - Kickboxing PROMOTION REVIEW	21			
24	25	26 Green Belt & Up TESTING 6:30pm	27	28	29	30	
				<div style="border: 2px solid black; padding: 5px;"> <p style="text-align: center;">-MID-ATLANTIC-</p> <p style="text-align: center;">Plan and Train NOW To Compete at the</p> <div style="text-align: center;">  KARATE CHAMPIONSHIPS </div> <p style="text-align: right;">Coming Up on May 4th at Hampton University</p> </div>			
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