



Quan's

Bushido-Kai Martial Arts

Jan/Feb. 2012

武士道 松濤塾

Jan 10 Tournament Meeting
Jan 14 Central Cal Friendship
Karate Tournament - Fresno
Jan 13 & 27 FREE Kino Hana
Jan 23 Chinese New Year
Feb 4 Regular patch workshop
Feb TBA Sparring patchwkshop
Feb 15-20 NYC Shotojuku trip
March 3 Belt Promotion Test
April 5-8 Ozawa Cup - las Vegas
May TBA Quan Tournament
* Tokubetsu competition team
training meets most Saturdays
10:00 am-12:00 pm
* Kata Tokubetsu Sundays TBA

Belt Promotion Test

Saturday, March 3, 2012

Regular Patch Workshop

Saturday, February 4, 2012

Sparring Patch Workshop

February TBA, 2012

It's time to amp up your training to prepare for belt promotion testing. Be sure to make plans to attend the up-coming mandatory pretest patch workshops. Get extra help & individualized test prep by scheduling a private lesson.

ALL testers must earn their required patches prior to testing - white belts thru brown belts. Be sure to refer to your training binders to see what curriculum is required for your level.

Check the testing lists to see if you are eligible for promotion testing.

Tokubetsu

Competition Team Training

*Kumite training meets most Saturdays with
Sensei Larry 10:00 am-12:00 pm*

*Kata training with Sensei Shannon & Sensei Kathy on
selected Sundays. Keep posted for dates/times.*

Trainings are \$10 per session.

All students interested in competition are welcome.



Ozawa Cup
International Karate
Tournament
April 5-8, 2012
Flamingo Hilton
Las Vegas
Register & make your
reservations online at:
www.ozawa-tournament.com



Get yours now. A percentage comes back to
the dojo every time you swipe your card.
Ask for yours at the front desk.

Central Calif. Friendship
Karate Tournament

Saturday, January 14, 2012

Pick up a registration packet on the front desk
at the dojo. Smaller, low-key local karate
tournament. Perfect for the beginner just
starting their competition career.



KINO HANA

shake it up... shape it up cardio-hula

FREE JANUARY SESSIONS
 Friday 15th & 27th, 7:00-8:00 PM

Every 2nd & 4th Friday
 of Each Month 7:00-8:00 PM

at
 Quan's Bushido-Kai Martial Arts
 6647 N. Blackstone Ave., #105
 Fresno, CA 93710

- *Pre-pay 10 sessions \$55
- *Pre-pay 6 sessions \$35
- Pre-Pay or Drop-in per session \$8

*Applies to consecutive sessions only
 Registration is considered complete upon receipt of payment
 Sorry, no refunds
 There will be a \$25 charge for returned checks

For more information or to Register,
 email: kinohana@att.net or
 Visit: Quan's Bushido-Kai Martial Arts

2012 Schedule
 (subject to change)

- February 10, 24
- March 9, 23
- April 13, 27
- May 11, 25
- June 8, 22
- July 13, 27
- August 10, 24
- September 14, 28
- October 12, 26
- November 9, 23
- December 14, 28

Henry S. Quan
Martial Arts
Championships

Sponsors wanted for our
annual dojo tournament in
May 2012.

Become a sponsor for a ring
& get your name out in front of over 200 people at our
ever-growing event.



Chinese New Year
YEAR OF THE DRAGON

Chinese New Year begins on January 23, 2012. Chinese
New Year is a time to welcome longevity, wealth and
prosperity and to eliminate any negative chi from the past.
Learn more at: <http://chinesenewyear2012.net/>

Cancellation/Hold Policy

Please note at any break or cancellation of a
program MUST be preceded by a written 30
day notice. No extensions or credits will be
honored with a written 30 day notice on file.