



JUNE 2026

Martial Arts International



June's Championship Quality **POWER**

In Karate, power is more than just raw strength, it is the result of proper target, technique, and timing working together. True power comes from using the whole body in coordination, channeling energy from the ground up, and delivering techniques with speed and intent.

Father's Day

To celebrate Father's Day, we invite your dad, grandfather, brother or uncle to join our Adult Karate classes for FREE all this month!

Also, students can earn 20 karate bucks by doing a random act of kindness for dad during this month. Just bring a note in from him!

Belt Tying

A student's obi (belt) is not something that holds up their gi pants. It is a symbol of their training and perseverance. It is wrapped around the waist twice to represent unity of mind and body. The knot represents wisdom.

A quick story to help our younger students learn how to tie the belt: RABBIT & BELT
You are the tree, the rabbit/rank side is in your right hand; it's long. The left hand belt is short and stays in one place.

- 1) The rabbit (running end) goes around the trunk of the tree twice.
- 2) The rabbit hugs it's two best friends and holds them tight together (under both layers of belt, pull tight)
- 3) Make a bend (turn) in the road (bottom belt)
- 4) The rabbit (top belt) crosses over the road and jumps up and out of its hole
- 5) Pull the road and rabbit apart (tighten belt sideways)

Summer Dojo Tournament

Our Summer Karate Tournament is just around the corner on Saturday June 20th! This is a great opportunity for students of all ages and ranks to challenge themselves, showcase their skills and support each other in a positive, high-energy environment. We encourage everyone to participate. In addition, all Little Dragons, White, Orange, and Purple Belts students will receive participation medals for attending. All other ranks will be competing for awesome Gold, Silver and Bronze medals for First, Second and Third place. Don't forget, all participants earn reward points!

























SATURDAY JUNE 20th



Take MAI on your Summer Vacation

Wherever you go, whatever you do this summer, display your dojo spirit! E-Mail us a photo of you in your MAI T-Shirt while doing something fun during your summer vacation. Your photo might just win you a great prize! Check out our Facebook/Instagram pages to see where and how our students celebrate their summers. email: admin@maichampions.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  BBE: NUNCHAKU	2  BBE: NUNCHAKU	3  BBE: Kumite	4  BBE: Kumite	5 OPEN FOR PRIVATE LESSONS ONLY	6  REVIEW
7	8  BBE: NUNCHAKU	9  BBE: NUNCHAKU	10  BBE: Kumite	11  BBE: Kumite	12 OPEN FOR PRIVATE LESSONS ONLY	13  REVIEW
14	15  REQUIREMENTS	16  REQUIREMENTS	17  BBE: Kumite	18  BBE: Kumite	19 OPEN FOR PRIVATE LESSONS ONLY	20  TOURNAMENT
21	22  BAR TESTING	23  BAR TESTING	24  BAR TESTING	25  BAR TESTING	26 OPEN FOR PRIVATE LESSONS ONLY	27  BAR TESTING
28	29  BAR TESTING	30  BAR TESTING				

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Saturday
4:30 pm Little Dragons	4:45 pm Little Dragons White/Orange Belts	4:30 pm Little Dragons	4:45 pm Little Dragons White/Orange Belts	9:00 am Green/Blue Belts
5:00 pm White/Orange Belts Green/Blue Belts	5:30 pm Purple Belts Brown Belts	5:00 pm White/Orange Belts Green/Blue Belts	5:30 pm Purple Belts Brown Belts	9:45 am White/Orange Belts Purple Belts
5:45 pm Purple Belts Brown Belts	6:15 pm Little Dragons White/Orange Belts Green/Blue Belts	5:45 pm Purple Belts Brown Belts	6:15 pm Little Dragons White/Orange Belts Green/Blue Belts	10:30 am Open Mat
6:30 pm Little Dragons White/Orange Belts Green/Blue Belts	7:00 pm Adults	6:30 pm Little Dragons White/Orange Belts Green/Blue Belts	7:00 pm Adults	
	7:45 pm Black Belts		7:45 pm Black Belts	