



NINJA NEWS



Cardio Intro Class

April 26th at 5:30pm

We will be offering a **FREE** cardio kickboxing intro class during our regularly scheduled class. This is a great opportunity for anyone who has been wanting to try out the class. This is a perfect go at your own pace workout that's great for boosting confidence, increasing stamina, burning calories, building energy, and relieving stress.

Must be at least 14 years old to attend

Essay Contest

Do you have a special memory with your Mom or Dad that you would like to share with us? We are having a contest and if your essay gets selected, then you can win \$20 in Karate Kash.

Due May 1st

Summer Camp Pre-Registration

We are SO EXCITED to announce our camps for this summer!!! We will have 2 different camps focused on Martial Arts Weapons and how to use them. They will be held Monday thru Thursday from 10am-12pm. Because handling these weapons is serious, we can only offer the camps to **CURRENT STUDENTS ONLY** and you must be at least 10 years old.

Some of what you will learn is:

- History of the weapon
- Weapon safety
- Proper basic techniques
- A form for that weapon to be shown on the last day of camp
- AND MUCH MORE!!

Cost for the camp is \$175.00, but if you register before **MAY 1st**, you will receive \$25 off. If you want to sign up for multiple camps, you will also receive 10% off each additional camp!! We will provide an individual training weapon for each camper and you will get to take it home after camp at **NO ADDITIONAL COST!**

Space is limited, so don't miss out!!

Have a friend that would like to try karate?

Give them a Buddy Pass for 1 free month of unlimited classes! If they sign up, you receive \$50 in Karate Kash to be used towards t-shirts, gear, and equipment.

Buddy Passes are available anytime at the front desk.

GET YOURS TODAY!!!

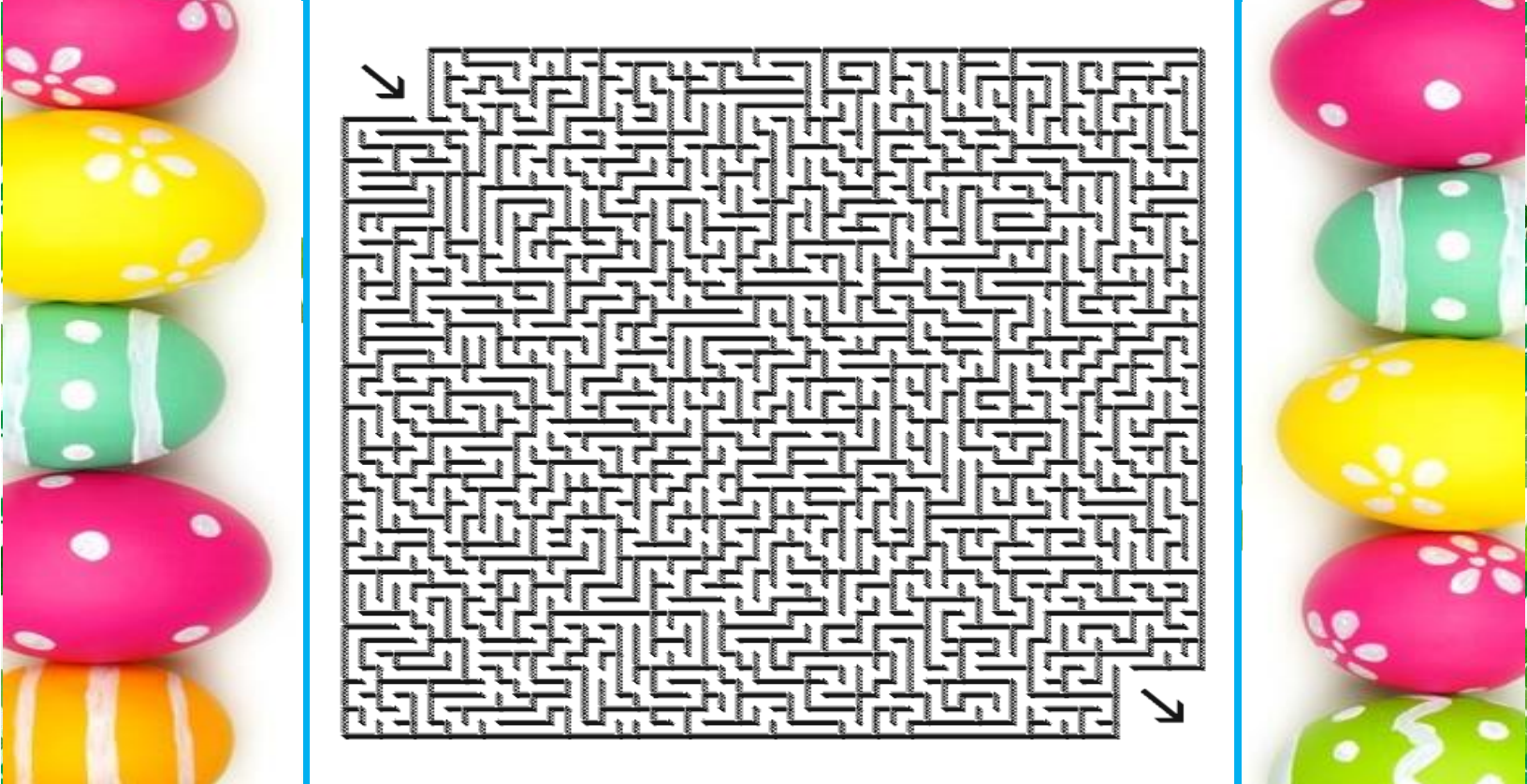
CONTACT US TODAY

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