

KARATE WORKS ARCHERY WORKS



APRIL 2016 TIGER TALK

Welcome to our
Karate Works Family!

March Sign-ups!!



Barret Welch	3/1
Beckett Wekch	3/1
Jude Permann	3/2
Adilyn Zepeda	3/2
Silas Mangum	3/2
Emily Russell	3/4
Holt Huxel	3/7
Josh Matasso	3/9
Blake Bailey	3/21
Gaven Soria	3/21
Jordan Minter	3/22
Laney Morgan	3/24
Jeff Brignac	3/25
J.D. Lambert	3/28
Isaac Lambert	3/28
Connor Flores	3/28
Brennan Moser	3/29
Jordan Watkins	3/30

YOGA

Is coming to Karate Works!



Much like martial arts, yoga isn't just another fad workout - it is an ancient exercise program that's been around for more than 5,000 years!

Yoga is a total mind-body workout that does more than just burn calories and tone muscles. It is a combination of stretching and strengthening poses with relaxation achieved through deep breathing and meditation.

Some of the proven benefits of a regular yoga practice are a reduction in stress and anxiety, greater flexibility, and heightened self-esteem from a stronger mind-body connection. Children especially benefit from yoga because of the constant emotional, social and physical challenges they encounter in their day-to-day lives. In class, they are taught various breathing and concentration techniques, improving their overall well-being and leading to constant self-discovery.

The best part is that yoga is for EVERYONE! It is great for all ages and all fitness levels. Beginning **APRIL 7th**, we will have three classes every Thursday to choose from. (See below)

Come and see what you think with our **one-month free pass!**

Namaste,

Autumn & Ashley - Ether Healing Arts

STUDENT OF THE MONTH

SHRIYA MENON

CONGRATULATIONS
to our Student of the month, Shriya Menon!
Shriya is a brand new addition to our Karate Works family and she is already a rising star! She has shown outstanding black belt characteristics such as leadership, focus, and outstanding martial arts skills.



**WAY TO GO SHRIYA!!!
YOU ROCK!!**

YOGA Class Times - EVERY THURSDAY

10:00 AM

Mamaste Yoga & Kids Yoga Club
Parents enjoy 55 minute yoga class
Little ones (5 & under) enjoy a playful yoga workshop
\$20 per parent, kids included in price

11:00 AM

Mamaste Yoga & Yoga Friends
Parents enjoy 55 minute yoga class
Elementary aged kids (5+) enjoy yoga practice
\$20 per class, kids class included in price

12:00 PM

Adult All Level Yoga
Yoga & Meditation, 75 minute class focusing on breathing, meditation, and energy awareness.
All levels of experience welcome.
\$10 per class

Visit us on the web at:
www.karateworks.org

You can also reach
us by email at:
karateworks1@gmail.com

GET YOUR BUDDY PASS TODAY!

Heartfelt THANKS TO OUR VOLUNTEERS!

We would like to acknowledge all the students who volunteered in the month of March:

Aiden Ramos
Avery Motley
Brandon Graeber
Collin McGowen
Courtney Sutter
Grant Luckstead
Griffin White
Harper Jackson
Joy Theisen
Junior Holcomb
Madelyn Budaus
Micah Warfel
Quinn Kozminski

All volunteers are not only earning credits needed for their black belt, they are also entered in a drawing for \$20 Karate Kash!! Your name is entered every time you volunteer, so your odds of winning increase the more you help!

OUR March WINNER IS:

GRIFFIN WHITE

Thank you!

SUMMER CAMPS

Don't get bored this summer! Sign up for one of our exciting and fun filled camps today. They are held Monday - Friday from 9am-12pm with snacks, treats, and LOTS of exciting challenges daily!

Ninja Warrior Camp

NINJA TRAINING IN:

Stranger Danger!	Strength and Fitness
Morals and Manners	Bully Proofing
Karate Techniques & Drills	Make your own stunt movie
Exciting Ninja Challenges	And SO much MORE!!

Camp Dates:

June 20-24
July 18-22
August 1-5



AGES 6 and UP



ARCHERY CAMP

LEARN HOW TO:

MAKE YOUR OWN ARROWS & QUIVERS!!

Practice on round & 3-D animal targets

Personal instruction to improve your accuracy

Fling **hundreds** of arrows daily in the outdoor range

Become a modern day



ROBIN HOOD!

AGES 7 and UP

Camp Dates:

June 13-17
July 11-15
August 8-12

Sign up before May 31st and receive 10% off the regular price of \$169!!

EARTH DAY

R	X	X	D	J	M	A	Y	W	V	P
E	P	R	V	R	E	U	P	J	G	L
U	L	E	Y	E	A	S	X	R	B	A
S	I	D	M	C	R	E	R	Z	E	N
E	R	U	I	Y	T	G	E	V	D	E
D	P	C	H	C	H	R	T	Q	U	T
L	A	E	W	L	D	E	A	W	A	L
X	Z	V	T	E	A	E	W	U	O	G
T	R	E	E	S	Y	N	R	U	G	K
R	D	X	V	L	X	A	S	T	O	F
B	M	L	L	I	F	D	N	A	L	N



APRIL
EARTH DAY
GREEN
LANDFILL
PLANET

RECYCLE
REDUCE
REUSE
TREES
WATER

SUMMER FUN



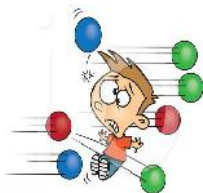
We have a LOT of fun things planned this summer! Don't miss out on these events and more...

Popsicle Party!



BOARD BREAK SMASH

Spear Dodging



Ice Cream Social



Gladiator Challenges



OBSTACLE COURSE

NINJA PICNIC

Skate Party



**A DELUXE set of
SPARRING GEAR
worth \$175!!!**

Here's how:

- Pick up BUDDY PASSES at the front desk and give to your friends
- If your friend uses it to try out a class before May 15th, you will be entered into a drawing
- Your name is entered for EACH friend that comes in - more chances to WIN!
- Winner receives the DELUXE set of SPARRING GEAR worth \$175
- Once your friend signs up, you will still receive \$50 in Karate Kash that can be used to purchase gear, equipment and T-Shirts!



KARATE WORKS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 	2
3	4	5	6	7	8 MENTOR NIGHT 4-6PM ARCHERY CLASS 6-9 PM	9  Saturday Shoot 9am-12pm (Must have attended 1 archery class first)
ASSESSMENTS						
10	11	12	13	14  LOWER BELT TESTING 5 PM	15  UPPER BELT TESTING 5 PM	16
17	18  Girl Scouts Stranger Danger Talk with Girl Scouts 6:30-8:00 PM	19 	20	21	22 	23
24	25	26	27	28	29	30
ASSESSMENTS Kicks and Strikes MAY 23 - 26						

Coy H.	4/1
Eli M.	4/3
Brandon G.	4/5
Jordan M.	4/6
John T.	4/6
Adilyn Z.	4/7
Cameron H.	4/10
Scott P.	4/12
Wilson O.	4/13
Alexis R.	4/13
Mason H.	4/13
Andrew T.	4/14



Avery M.	4/15
Bhupesh S.	4/17
Steven T.	4/18
Bridgett W.	4/19
Jordan W.	4/24
Rhys J.	4/24
Micah K.	4/25
Nelson C.	4/25
Clark H.	4/26
Grayson F.	4/28
Linden D.	4/30