

KARATE WORKS



APR-MAY 2017 TIGER TALK



We are looking at adding a **DAYTIME CLASS** and need your help! The class will be 45 minutes of **FITNESS & KICKBOXING** training with **NO BELT RANKS OR TESTINGS**.

We need to know who would be interested and what days and times work best for your schedule. There will be forms at the front desk to fill out and get back to us. Once we have compiled the results, we will announce when the class will start.



Visit us on the web at:
www.karateworks.org
You can also reach us by email at:
karateworks1@gmail.com



THANK YOU TO ALL OF OUR PARENTS AND STUDENTS FOR MAKING THE FIGHT AND FEAST TOURNAMENT AND POT LUCK LUNCH A GREAT SUCCESS!!!! WE HAD A BLAST AND CAN'T WAIT TO DO IT AGAIN!



← Sabumnim and Kyosanim demonstrating the SUMO segment


Having fun getting tossed around!
More pics on page 3



Have a friend who 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.



PARENTS NIGHT OUT

Parent's take the night off and let
Karate Works babysit for you!!!

Friday April 21st
7:00 p.m. to 10:00 p.m.

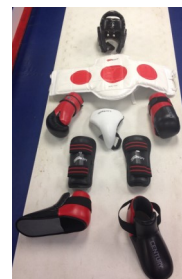
*There will be lots of challenges
followed by pizza and a movie!*

**Cost: \$30 for 1st child, \$15 each additional
child ages 4 and up**



We will be raffling a DELUXE SET of Sparring Gear worth \$175 which includes:








- Head
- Hands
- Feet
- Chest Guard
- Groin Cup
- Shin Guards



For those not eligible for Sparring, there will be Training Equipment worth \$65 which includes a Blocker and Kick Shield.

Raffle tickets are \$5 each or 5 for \$20 for the Sparring Gear and \$2 each or 5 for \$8 for the Training Equipment and can be purchased from Mrs. Amy or Mrs. Angela.

We will conduct the drawing on Friday April 21st and announce the winners the following week!

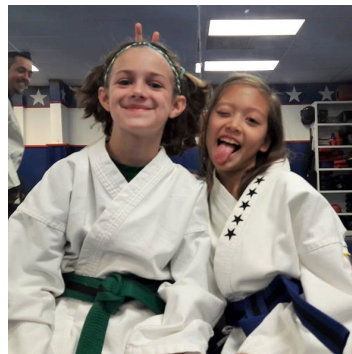
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 
2	3	4	5	6	7 MENTOR NIGHT 4-6pm	8
9	10	ASSESSMENTS		13  LOWER BELT TESTING 5PM	14  UPPER BELT TESTING 5PM	15 
16 	17	18	19	20	21 	22
23	24	25	26 AUTISM AWARENESS MONTH	27	28	29
30						

Would you like to have Kyosanim come to your school?

All you need to do is invite both of them! We love to come to schools and tell students about martial arts and demonstrate what we teach. Ask your teacher If there would be a good day to have a karate demonstration. We can come to a Career Day, Cultural Arts Day, or just a normal class period that would be available. Then make sure Kyosanim can be there! If they come to your class, you can even assist in the demonstration as a student of Karate Works!!.



Tournament pics continued...



See more pictures on our Facebook page!!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	June 1	June 2	

ASSESSMENTS

SUMMER FUN



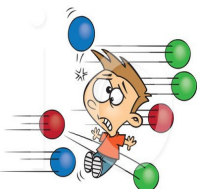
We have a LOT of fun things planned this summer! Don't miss out on these events and more...

Popsicle Party!



BOARD BREAK SMASH

Spear Dodging



Ice Cream Social



Gladiator Challenges



Skate Party



**WOMEN'S
SELF-DEFENSE
CLASS**

**THIS SUMMER WE WILL HAVE A
5 WEEK COURSE TEACHING
WOMEN'S SELF DEFENSE.**

YOU WILL LEARN:

- ♦ **ABOUT SITUATIONAL AWARENESS**
- ♦ **EFFECTIVE STRATEGIES ESCAPING YOUR ATTACKER**
- ♦ **HOW TO CONTROL, STRIKE, AND SUBMIT YOUR ATTACKER**
- ♦ **HOW TO USE COMMON ITEMS AS WEAPONS**
- ♦ **AND MUCH MORE!!**

MORE DETAILS TO COME SOON!!!

WEAPONS CAMPS

Instead of our usual summer camps, we will be offering 3 **WEAPONS CAMPS!!** They will be 2 hours per day for 4 days a week and each camp will focus on one weapon per camp:



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NUNCHUCKS



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More Details to come soon!!!