

KARATE WORKS



JUN-AUG 2017 TIGER TALK

SUMMER ACTIVITIES



Gladiator Challenges

June 7 & 8



Student is pitted against student in this team-based challenge during your normal class period; testing your karate knowledge and reflexes.



Skate Party June 17th

Karate Works invites our students and families to come skate with us at Rollerland West located at 7325 Calmont Ave, Fort Worth, TX 76116. We have the entire rink to ourselves for 2 HOURS of fun!! Cost is \$5 per skater and spectators are FREE!

JUNE 26-29



Ice Cream Social

Enjoy a cool refreshing ice cream after class to help beat the summer heat!



July 26 & 27

Wear your bathing suit and bring your water guns to class for outside fun filled with LOTS of wet and wild challenges! We will have a HUGE water battle with water balloons and water guns at the end of each class period!

Popsicle Party!

August 7-10



Each student gets a nice frozen popsicle after class to enjoy with your friends!!

Fight Like A Girl!



Women's Self-Defense

We are excited to announce that we are beginning a monthly Women's Self Defense Course. This will run as a 5 segment cycle with each month having a different focus! It will be held the Monday thru Thursday on the 2ND FULL WEEK OF EACH MONTH from 10am-12pm. Curriculum will include:

- Segment #1: Basic kicks and strikes, intro to ground defense
- Segment #2: Scenario training for basic attacks, additional ground defense
- Segment #3: Scenario for chokes, additional ground defense
- Segment #4: Scenario training against weapons, additional ground defense
- Segment #5: Review and certification

Most self defense classes are only a few hours of training; this doesn't allow for the repetition necessary for retention of the material, or the practice necessary for these defenses to be your first response to an attack. When it comes to your sense of safety, we want you to have the best training possible, therefore our curriculum after the 5 weeks includes 40 hours of buildable curriculum, training, and repetition to better your retention!!!! Once the first 5 weeks have been completed, we will start over with segment #1 and continue through another cycle. So if you miss out on a segment that you really wanted to attend, you can always come back in a few short months!

Due to the sensitive nature of topics discussed in this course, we are only allowing women ages 15 and up, with 15-18 year olds needing consent from a parent or guardian. Students do not have to come to each segment, and instead can decide which segment would best fit you based on the curriculum you're most interested in learning.

.....Continued on pg. 3.....

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

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.

GET YOURS TODAY!!

KICK OFF THE SUMMER

with our
JUNE SPECIAL
ONE FREE MONTH OF
UNLIMITED CLASSES
WITH UNIFORM

\$29



4840 HWY 377 S (BENBROOK BLVD)
BENBROOK, TX 76116

(817) 377-2111

WWW.KARATEWORKS.ORG



HERE ARE THE DATES FOR THE FIRST 5 SEGMENTS:

#1 JUNE 12 - 15, 2017

#2 JULY 10 - 13, 2017

#3 SEPT 11 - 14, 2017

#4 OCT 9 - 12, 2017

#5 NOV 13 - 16, 2017

WILL START OVER WITH SEGMENT #1 ON

JAN 15 - 19, 2018

CONTINUING WITH THE 2ND FULL WEEK OF EACH MONTH

**SCHEDULE
CHANGE/UPDATE**

**ATTENTION:
RED BELTS
AND ABOVE**

Beginning FALL 2017 we are adding additional Red/Red Black and Black Belt classes!! We will now have 4 classes available per week Monday thru Thursday at 7:00 PM. You can now have more flexibility with your choice of class days. We will still have the Jiu Jitsu class on Mondays and Wednesdays at 7:00 in a separate gym!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 LOWER BELT TESTING 5PM	2 UPPER BELT TESTING 5PM	3
4	5	6	7 Gladiator Challenge	8 Gladiator Challenge	9	10
11	12 Fight Like A Girl! Women's Self-Defense	13 WOMEN'S SELF DEFENSE #1	14	15	16	17 Skate Party
18	19	20	21	22	23	24
25	26 Ice Cream Social	27 Ice Cream Social after class	28	29	30	

Fight Like A Girl!



**Women's
Self-Defense**

Continued from pg. 1

Each weekly segment will be \$75, and if you sign up for all 5 weeks, you get a \$75 discount, with the flat rate being \$300! You will receive an ADDITIONAL \$10 OFF per segment for each additional family member or \$50 off for the entire course!!

Our first course will begin **MONDAY JUNE 12** to **THURSDAY JUNE 15**. Each segment will typically be held on the 2nd FULL week of each month, with the exclusion of August and December due to the busyness of the holiday and back to school seasons.

There are **ONLY 20 SPOTS AVAILABLE** per segment so pick up your registration form today!!



MARTIAL ARTS WEAPON CAMPS!



Monday - Thursday

10 am to 12pm

Ages 10 & up

FOR EACH CAMP YOU WILL LEARN:

- ** HISTORY OF THE WEAPON
- ** WEAPON SAFETY
- ** PROPER BASIC TECHNIQUES
- ** WEAPONS FORM TO SHOW ON THE LAST DAY OF CAMP!
- ** KEEP YOUR TRAINING WEAPON
- **AND MUCH MORE!!!

Regular Price

\$175

**10% off each
additional camp**



ONLY 20 SPOTS AVAILABLE PER CAMP

FOR CURRENT STUDENTS ONLY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11 ASSESSMENTS WOMEN'S SELF DEFENSE #2	12	13	14 MENTOR NIGHT 4-6pm	15
16	17 SAI WEAPONS CAMP	18	19	20 LOWER BELT TESTING 5PM	21 UPPER BELT TESTING 5PM	22
23	24	25	26 SPLASH BASH	27	28	29
30	31 NUNCHUCK WEAPONS CAMP					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	AUGUST					
		1	2	3	4	5
6	7	8		9	10	11
		BO STAFF WEAPONS CAMP		Popsicle Party! 		12
13	14	15	16	17	18	19
	SUMMER BREAK					
20	21	22	23	24	25	26
						
27	28	29	30	31	1	
	ASSESSMENTS				MENTOR NIGHT 4-6pm	