WORKS WORKS



JUNFAUG 2017 TIGER TALK



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



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!



Ice Cream Social

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



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!

Popside Party! August 7-10

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

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



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 10 am-12 pm. 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.

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Have a friend who would like to try karate?

Give them a Buddy Pass for 1 free month of unlimited classes! If they sign upyou 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!!





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



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
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11	12	13	14	15	16	17 Skate
	Fight Like A Girl! Women's Self-Defense	WOMEN	s self de	FENSE 61		Party
18	19	20	21	22	23	24
25	26	27	28	29	30	
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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!!



SUNDAY TUESDAY WEDNESDAY **THURSDAY SATURDAY MONDAY FRIDAY** 2 CLOSED **MENTOR** 10 15 **NIGHT** 4-6pm 16 22 LOWER BELT UPPER BELT ESTING TESTING 23 24 28 29 30



We at Karate Works believe that martial arts can and does have the ability to affect the lives of anyone, regardless of the situations they find themselves in! In that spirit, Karate Works will be introducing the Care Karate for students with different needs in the coming months. Research shows that group programs such as the one we are building can provide a community for those who need it most. Exercise is a safe space in which these students can learn the difference between moderate physical exhaustion like heavy breathing or faster heart rate and more serious conditions such as chest pain. From more persistent exercise they would also learn how to appropriately respond to minor aches and pains, while building up strength and endurance. However, the most helpful part of programs like the Care Karate is increased socialization and well-being.

Students who have developmental disabilities have a high rate of what's called comorbidity (Whitmore, Kim-Spoon & Ollendick; 2014). This means these students often get diagnosed with more than one mental or

physical illness, the most common of these being depression and anxiety. One way to assist with reducing comorbidity is by heightening the "well-being" of the student. It's proven that high well-being, defined by the CDC as "... holistic approaches to disease prevention and health promotion" helps to raise healthy behaviors, social connectedness, and productivity; all of which heightens the physical and mental health of the student.

We all know that marital arts does all these things and so much more! Research shows that activities like karate that promote healthy mentor/mentee relationships, and help students consistently achieve "courageous acts" help to boost self-esteem, promote healthy behaviors and foster positive thinking. We at Karate Works want to create a space that helps students who need it most and this is where the Care Karate comes into play!

This class would be for students who might have issues concerning sensory overload, physical or mental disabilities, and who need an environment that goes at their pace! This would be an introductory course much like our Lil' Dragons Program, but geared towards students between the ages of 7 and up. With the needs of these students in mind this program will be kept small; with a maximum of 10 students and a minimum of 3 instructors or mentors per class. In this way, we hope that each student can get the individual attention they need to succeed! If you have any questions or have friends or family who would be interested in this course please feel free to contact Mrs. Amy or Mrs. Angela.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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