

Traditional Japanese Karate

Classes begin Friday September 10, 6:00pm

Try the free karate class, and if you decide to join the information is below. Parents can try it too! Students will learn basic Karate techniques including kicks, strikes and stances, developing muscle coordination and self-confidence. Class work includes Kumite (non-contact partner drills) and Kata (forms). Stretching exercises are included for muscle warm-up.

Children's Beginner Class

Instructors: Anita Bendickson (5th degree black belt)
Meghan Ertl-Bendickson (2nd degree black belt)

Fridays: 13 Sessions, September 10- December 10
(no class Thanksgiving November 26)

Level I- Beginners, 6:00- 7:00pm

Location: Emogene Nelson, downstairs
(located on Cascade street, between Spruce and Main)

Cost: \$75.00 (1 class per week)



Adult Beginner & All Level II Students

Instructors: Anita Bendickson (5th degree black belt)
Jim Wade (3rd degree black belt)
Ron Neuhaus (3rd degree black belt)

Tuesdays

Level II- Advanced 7:00pm- 8:00pm
Level I -Beginners 8:00pm- 9:00pm

Fridays

Level I- Beginners 6:00-7:00pm
Level II-Advanced 7:00pm-8:00pm

September 10- December 14

(25 Sessions: No class Thanksgiving November 23 & 26)

Cost: \$100 (2 classes per week)
\$75 (1 class per week)

Location: Emogene Nelson, downstairs
(located on Cascade street, between Spruce and Main)



River Falls Traditional Karate Registration Form

Please use a separate form for each student- Duplicate as needed.

Course Title _____ Fee _____

Name _____ Day Telephone _____

Address _____ Evening Telephone _____

City _____ State _____ Zip _____ Email Address _____

Mail this form to: Ron Neuhaus
c/o 258 KFA English Dept
UW-River Falls
410 S. 3rd St
River Falls, WI 54022

Make Checks Payable to: Anita Bendickson

For more information:
Ron Neuhaus: ronald.l.neuhaus@uwrf.edu
Anita Bendickson: ebprod@karatevid.com
call: (715) 425-9872 or (651) 771-7901

To register online and pay with a credit card go to www.mwkarate.com/events.html