

River Falls Traditional Karate Club

Winter/ Spring 2017

Karate for All Ages

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 and relaxation exercises are included for muscle warm-up.

Try the free class January 31st, and if you decide to join the information is below. For all ages, 7 years and up. This class makes a great family activity for both parents and children!



Instructors:

Jim Wade (4th degree black belt)

Bill Badlo (1st degree black belt)

**Tuesdays & Thursdays: 26 Sessions,
January 31- May 4**

(no class March 14 & 16)

Level One (Beginners): 7:00- 8:00pm

Level Two: 8:00- 9:00pm

Students may attend as many classes
as they wish on both Tuesday and Thursdays



Emogene Nelson (Aerobics Room)

Located on Cascade Street,
between Spruce and Main

Cost: \$120.00

Additional Family members are \$95.00

Use the form below to register in person or by mail.

To register online at www.mwkarate.com/events.html

RF Traditional Karate Registration Form

Name _____ Day Telephone _____

Address _____ Evening Telephone _____

City _____ State _____ Zip _____

Email Address: _____ Amount Paid: _____

Mail this form to: Anita Bendickson
Midwest Karate Assn
762 E 7th St
St Paul MN 55106

Make Checks Payable to: Anita Bendickson
For more information and questions call:
Ron Neuhaus 425-9872
Anita Bendickson (651) 771-7901
email: office@mwkarate.com