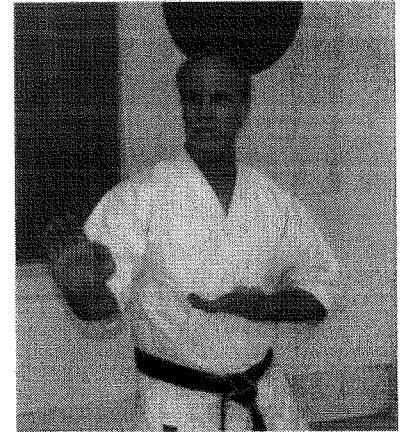


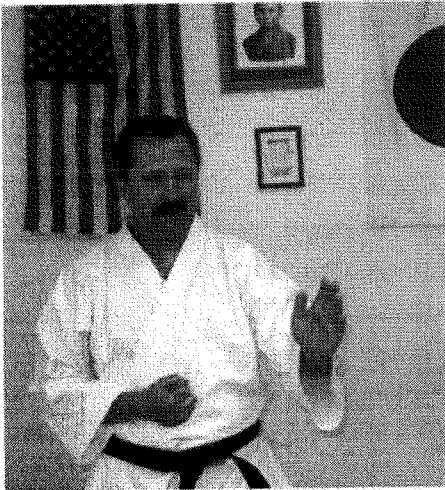
River Falls Traditional Karate Club  
Summer 2018

# Karate for All Ages (ages 7 & above)

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.



Instructors:  
Jim Wade (4th Dan)  
Bill Badlo (1st Dan)



**Tuesdays: 10 Sessions May 29- July 31**

(no class July 3)

Level One: 6:30pm

Level Two: 7:30pm

New Location:  
The New Falcon Center  
185 Emogene Nelson Drive  
Multi-Purpose Studio #2

Directions: Go south on main.

The Emogene Nelson drive is located on the left, east, across from the strip mail.

**Cost: \$90.00**

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## RF Karate Registration Form

Name \_\_\_\_\_

Day Telephone \_\_\_\_\_

Address \_\_\_\_\_

Evening Telephone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email Address: \_\_\_\_\_ Amount Paid: \_\_\_\_\_

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

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