

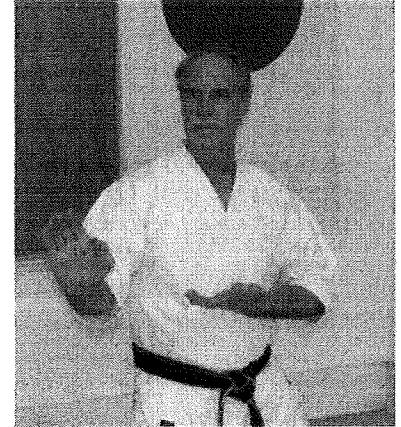
River Falls Traditional Karate Club

Winter/ Spring 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 exercises are included.

Come and take a free trial class!



Instructors:

Jim Wade (4th Dan)

Bill Badlo (1st Dan)

Tuesday & Thursdays:

January 30- May 3

(No class March 13, March 15)

Level One: 6:30pm

Level Two: 7:30pm

Location:

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

Directions: Go south on main. Turn onto Emogene Nelson Drive (1110 South Main).

Park in the lot in front of the David Smith Auditorium. Go left on the walkway in front of the Auditorium to the Falcon Center. Turn right at the information desk and go through the turnstile.

Walk to the end of the long hall. Turn right at the end of the hall. The room is 178, on the left.

Cost: \$125.00

Additional Family Members: \$95.00

To register online and pay with a credit card: mwkarate.com/rf

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