

River Falls Traditional Japanese Karate

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)

Fridays: 12 Sessions, February 3- May 4
(No class March 16, April 6)

Level I- Beginners, 5:30- 6:30pm ****Please note the time Change****

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 5:30-6:30pm
Level II-Advanced 6:30pm-7:30pm



January 31- May 4 ****Please note the time change on Fridays****
(25 Sessions: no class March 13, March 16, April 6)

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: Anita Bendickson
762 E 7th St
Saint Paul, MN 55106

Make Checks Payable to: Anita Bendickson

For more information:
Anita Bendickson: office@karatevid.com
call: (651) 771-7901

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