

# 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.

## Karate Classes for Adults and Children

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



Tuesdays & Fridays  
February 7 - May 9  
(No class March 18, 21 & April 18)

### Level I- Beginners:

Fridays 6:00- 7:00pm  
Tuesdays 6:30- 7:30pm

### Level II- Advanced:

Fridays 7:00- 8:00pm  
Tuesdays 7:30- 8:30pm



Location:

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

**Cost: \$100.00**

Students may attend  
as many classes as they wish  
on either Tuesday or Friday

### 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](http://www.mwkarate.com/events.html)