

River Falls Traditional Karate Club

Summer 2010

Karate for All Ages (ages 6 & 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. Class size is limited, please register early.

Instructors:

Anita Bendickson (5th degree black belt),
Meghan Ertl-Bendickson (1st degree black belt),



Wednesdays: 12 Sessions,
May 19- August 11 (no class July 7)

Class meets from 7:00pm- 8:15pm

The beginners will start the class with the Level II group for 15 minutes, then the beginners will split from the group with a separate instructor.

The beginner class will end at 8:00.

The Level II group will end at 8:15pm.

Emogene Nelson (Aerobics Room)
Located on Cascade Street, between Spruce and Main

Cost: \$80.00

RF Traditional Karate Registration Form

Please use a separate form and check for each class in which you enroll- Duplicate as needed.

Name _____ Day Telephone _____

Address _____ Evening Telephone _____

City _____ State _____ Zip _____

Email Address: _____ Amount Paid: _____

Mail this form to: Ron Neuhaus
c/o 258 KFA English Dept
UW-River Falls
410 S. 3rd St
River Falls, WI 54022

Make Checks Payable to: Anita Bendickson

For more information and questions call:

Ron Neuhaus 425-9872 ronald.l.neuhaus@uwrf.edu
Anita Bendickson (651) 771-7901 ebprod@karatevid.com

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