

# WHAT'S HAPPENING



## FOCUS

KICKBOXING & KNOCKDOWN

“Not only do we need physical training, we need to study the kata and their applications. When you train at kata your eyes will get sharper and your blocking and striking will get stronger.”

~ Chibana Choshin  
知花 朝信  
1885-1969



## REGULAR SCHEDULE

All classes return to regular schedules on January 6th.



## HERE COMES THE CIRCUIT

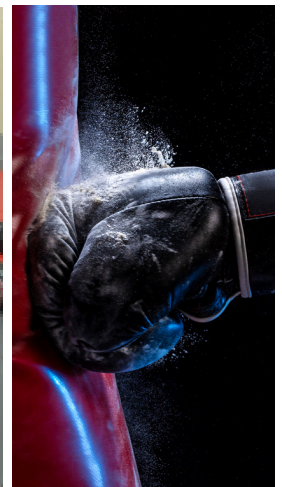
*Ready to ramp up your training in the new year?*

Ramtown Karate is excited to announce the return of **Kickboxing and The Circuit!**

Kickboxing and circuit training helps students get into great shape by increasing speed and stamina.

The Circuit offers lots of cardio drills and heavy bags to practice your kickboxing skills. With a variety of FUN workouts and training sessions led by our instructors, you'll have the support you need to reach your fitness and fighting goals.

Don't miss out on this opportunity to take your training to the next level – we'll see you in January for The Circuit!





## CRABFEED VOLUNTEERS

*Saturday, Feb 22nd at 6pm*

Volunteer with the Booster's Club as a helper at the Annual Dixon Rotary Crabfeed in support of our Ramtown Karate Competitors.

This is a fun couple hours of working together on the evening of Saturday, February 22nd. **All students 12 and older can sign up to help, and can bring a friend!**

We serve in a variety of ways at this event, so there is definitely a spot for you.

Please sign up at the front desk or call (707) 678-4899 for more information.



## GREAT GLOVES, GREAT PRICE

Tired of using sweaty gloves that have been used by other students? Then check out the front counter for our amazing deal on boxing gloves and get your very own pair!

These high-quality gloves are available right now in a variety of colors.

**Grab a pair and LET'S GO!**



**Thank you so much for your generosity to the Toys For Tots Charity!**

