



Kicking News

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March/April 2019

New Students

Welcome **Evan, Azariah, Tierra, Grace, Jameesha, Christine, Denise, Lisa, & Tonya!**

Welcome back **Mary Beth, Jeffery, Gilbert, Garret, Sean & Martine!**

Welcome **Trinity, Gage, & Wambli** to Afterschool Program



INSTRUCTORS



Sensei Cleophus "Stoney" Burks, a 26 year retired marine, is an 8th degree Black Belt in Isshin-Ryu Karate; a 3rd degree Black Belt in Iado (the art of drawing and cutting with the Japanese sword); and a 1st degree Black Belt in Kyudo (Japanese archery). He has studied other martial arts such as Okinawan Kenpo, Chinese Kenpo, Kendo, Aikido and Judo.

Sensei Steve Simma is a 7th degree Black Belt in Isshin-Ryu karate. His most memorable achievement was winning Gold in Kumite in the 1989 State Games. Sensei Simma starred as a foot soldier in the Ninja Turtle movie "Secret of the Ooze."

Sensei Geoffery Collins is a 2nd degree Black Belt in Isshin-Ryu karate. He also holds a 1st degree black belt in Song Gahm Tae Kwon Do and has studied Muay Thai for 4 years.

Sharon Wilkerson has been a licensed Zumba instructor since May 2013. She is also licensed in Zumba toning, Zumba gold, Zumba gold toning, Zumba kids and Zumba step. Sharon is certified in Ground training.

Daniel Ward is the boxing coach and personal trainer. Coach Ward boxed professionally for over 5 years and has 20 years of experience and he has 20 years of personal training experience.

Welcome Boxers!

Jeremiah "Swift" Simmons
Joseph "King Supa" Coats
Geoffery "Big Heart" Collins
Davon "Debo" Swinson
Deqwan Green
Isiah "Ike" Green



Happenings

- Congratulations Geoffery Collins promoted to 2nd degree Black belt by Sensei Burks
- Check out our School Fundraising Program
- Congratulations to the following winners in the Valentine Classic: Alycia Parker (1st Kumite & 2nd Kata), Spencer Goston (1st Kumite) & Jeremiah Simmonss (2nd Kumite)
- The Valentine Party was AWESOME! Come to the "Pot of Gold" Party March 16, 2019
- Thank you Master Karl Hovey & Sensei Kevin Kline for your instruction and knowledge. See you in April 27, 2019 at the King George Karate Isshinryu Open Championships!



Promotions

Aubrey Brown	Orange belt
Aria Porter	First Yellow Tip
Addison Strickland	First Yellow Tip
Notra Lail	First Yellow Tip
Ian Scarfpin	First Yellow Tip

Congratulations!!!!

Classes

- Boxing:** Learn basic punching techniques and advance footwork in a family atmosphere or train professionally with vigorous 2 hour workout
- Personal Training:** Get fit with circular and weight training and a lot of cardio
- Kickboxing:** Learn basic boxing and kicking techniques in slow paced environment
- Zumba:** Get your cardio and shed some pounds with Sharon's workouts
- Fluffy Yoga:** Designed with our plus size ladies in mind
- Afterschool:** Daily structured afterschool care w/transportation- Spaces available
- Summer Camp:** Daily structured, fun & educating activities for kids during the summer months. Enroll now!

Upcoming Events

- Pot of Gold Party March 16, 2019
- Bunny Hop Bingo Party April 20, 2019
- We are registering for After School Care and Summer Camp! Reserve your spot today!
- King George Karate Isshinryu Open

Experience a Kicking Birthday Party today! Just bring the cake a let us do the rest. Call or email for bookings and information.