



Kicking News

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January/February 2019

New Ownership

New Bern Karate & Fitness, LLC is now under the sole ownership of the husband & wife team, Daniel Ward and Angela Wilson-Ward. We would like to thank everyone for their continued support through this transition and look forward to a Happy and Prosperous New Year!



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 1st 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.

New Students

Welcome Kenny Roberts (Little Dragon) and Liam Davis (Youth) to our dojo family.

Happenings

- Thank you to everyone who participated in the New Bern and Trent Woods Christmas parade. We had an awesome time.
- The Christmas Party was filled with a Santa surprise, human bubble battles and plenty of food!
- Don't forget Student Referrals! Grand prize \$25 cash at end of February.

Classes

Boxing: Learn basic punching techniques and advance footwork in a family atmosphere

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

Upcoming Events

- We will have a Teen New Year's Eve Bash at New Bern Karate & Fitness from 8PM-2AM. It will cost \$10 and includes pizza, wings, snacks, sparkling welches toast at midnight and lots of fun.
- Look for Cupid's Workshop coming in February!
- We are registering for After School Care and Summer Camp! Reserve your spot today!

Monday	Tuesday	Wednesday	Thursday	Friday
HOMESCHOOLERS 10-11 AM TEEN BOXING 5-6 PM ZUMBA 6-7 PM ADULT BOXING 8-9 PM	KARATE LITTLE DRAGONS 4:20 OR 5:20 PM YOUTH 6-7 PM ADULT 7-8 PM	HOMESCHOOLERS 10-11 AM FLUFFY YOGA 5-5:50 PM ZUMBA 6-7 PM KICKBOXING 7:15-8:15	TEEN BOXING 5-6 PM KARATE TECHNIQUE 6:30-8 PM ADULT BOXING 8-9 PM	KARATE LITTLE DRAGONS 4:20 OR 5:20 PM YOUTH 6-7 PM ADULT 7-8 PM

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

				1