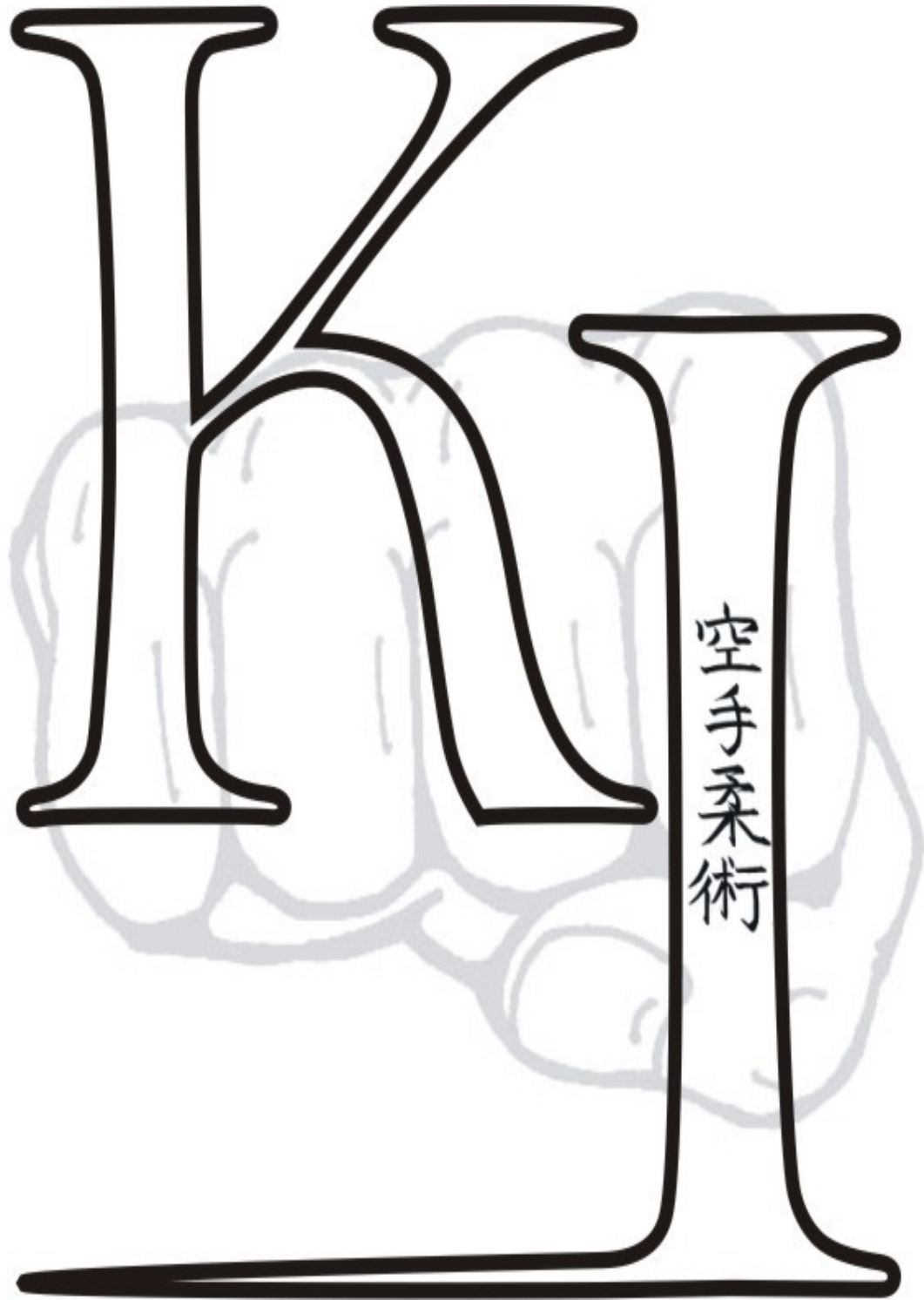


Fall Calender & Events



Karate International Martial Arts Center

2 Kingsway Avenue, Exeter, NH 03833

Phone: (603) 778-8475

www.kimacnh.com

English's Corner
By John English



MY FAVORITE SEASON IS HERE! And it always goes by too quick!

My plan this season is to give you my “to do list” and have you help “keep me accountable” on finishing it by the New Year. So feel free to email me and “politely remind me” if you see some of the things not getting done.

As always, we are a team at KIMAC, and only as strong as our weakest link!

1. Create a help desk on the website. You will be able to type in questions and a list of the answers will populate to help answer your question.
2. Have the Tot/Youth and Teen requirement sheets on the site for download
3. Finish putting up the intermediate video material. So when it is all said and done we will have all material on the website for Red belt
4. Create a mat 3 area for the teen and adult programs. This will be in the cage room and outdoor access will be ready available
5. Have at least TWO parent coaching clinics. These will be free of charge and help parents look for things when your kids practice
6. Continue to update our blog/updates and facebook status. I NEED YOUR HELP WITH THIS AS WELL. Start commenting on blogs and via facebook. Lets build community in the new age of cyberspace.
7. Any suggestions??? Email me at John@kimacnh.com

Looking forward to seeing you in class!

Mr. English



Fall Schedule

Schedule effective 8/29/11

DAY	TIME	CLASS LEVEL	MAT	AGE/BELT REQUIREMENTS
Monday	4:00pm	Youth Beginner	1	7-11 White/Yellow/Orange
	5:00pm	Youth/Teen Advanced	2	All Youth/Teen Adv.Green-Black
	6:00pm	Youth Intermediate	1	7-11 Purple/Blue/Green
	6:00pm	Teen Open	2	All 12-17 Year Olds
	7:00pm	Kai No Kenson Jiu-Jitsu	1	All Adults 18+
	8:00pm	Kickboxing	1	All Adults 18+
Tuesday	3:30pm	Tots Open	1	All 4-6 year olds
	4:00pm	Teen Open	2	All 12-17 Year Olds
	5:00pm	Youth Beginner	1	7-11 White/Yellow/Orange
	6:00pm	Yoshitsune Jujutsu	2	All Adults 18+
	7:00pm	Kickboxing	1	All Adults 18+
Wednesday	3:30pm	Tots Open	1	All 4-6 year olds
	4:00pm	Brown/Black	2	All Brown-Black belts
	5:00pm	Youth Beginner	1	7-11 White/Yellow/Orange
	5:00pm	Youth Intermediate/Adv	2	7-11 Purple-Advanced Brown
	6:00pm	Traditional Karate	1	All Adults 18+
	7:00pm	Kickboxing	1	All Adults 18+
Thursday	11:00am	Tots Open	1	All 4-6 year olds
	3:15pm	Teen Intermediate/Adv	3	12-17 Purple-Black Belts
	4:00pm	Tots Open	1	All 4-6 year olds
	4:00pm	Youth Beginner	2	7-11 White/Yellow/Orange
	5:00pm	Youth Intermediate/Adv	1	7-11 Purple-Junior Black Belts
	5:15pm	Amateur MMA	3	By Instructor Permission Only
	6:00pm	Kickboxing	1	All Adults 18+
Friday	3:15pm	Teen Open	3	All 12-17 Year Olds
	4:00pm	Youth Int/Advanced	1	7-11 Purple-Black Belt
	5:00pm	Tots Open	1	All 4-6 year olds
	6:00pm	Youth Beginner	2	7-11 White/Yellow/Orange
Saturday	7:00am	Kickboxing	1	All Adults 18+
	8:00am	Tots Open	1	All 4-6 year olds
	9:00am	Youth Beginner	1	7-11 White/Yellow/Orange
	10:00am	Youth Intermediate	1	7-11 Purple/Blue/Green
	11:00am	Youth/Teen Advanced Open	1	All Youth/Teen Adv.Green-Black Belts

PLEASE NOTE:

There will be no Group lessons on September 12th and November 1st due to belt exams

Contact Info:

Mailing and Physical Address:

Karate International Martial Arts Center
2 Kingsway Avenue
Exeter, NH 03833
(603) 778-8475

Email contacts:

John English: John@kamacnh.com

Shawn Flanagan: Shawn@kamacnh.com

Carole English: Carole@kamacnh.com

Craig Wharem: Craig@kamacnh.com

Mark Miller: Mark@kamacnh.com

Web address:

www.kamacnh.com

Blog:

Please subscribe to our blog

<http://www.kamacnh.com/blog.brt>

How we stay in touch:

Do we have your current email address? The one you actually check? Keeping our records up to date is crucial for us to provide you with the most current up to date information. Weather cancelations, reminders, special events, etc. are all communicated through our email correspondence. If we have inaccurate information, it affects how you, our students and student families, receive information.

We also provide a news and update section on the website as well as our blog.



September 2011

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603-778-8475

www.kimacnh.com

STAFF EMAILS

J. English:

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C. English:

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C. Wharem:

craig@kimacnh.com

M. Miller:

mark@kimacnh.com

UPCOMING EVENTS

9/3-9/5 School Closed
No classes all levels
Happy Labor Day!

9/12

No youth of teen classes
due to belt exams.

9/30

7pm-8:30pm Parent
Coaching Seminar
All parents welcome
Please RSVP

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<h1>Fall Schedule Begins</h1>						
4	5 NO Classes ENJOY LABOR DAY	6	7	8	9	10
11	12 Belt Exams No Youth/Teen Classes	13	14	15	16	17
18	19	20	21	22	23	24
<h1>Book your birthday party here!</h1>						
25 	26	27	28	29	30 Parent Coaching Seminar 7-8:30pm	
				1	2	3 Closed For Labor Day Weekend

Youth Beginner Pizza Party!



When:

Saturday October 14
from 7-8:30pm.

Who:

All Youth Beginners

Cost: Bring a Friend!

BRING A FRIEND!!!

Bring some friends and come eat Pizza with us! Have fun teaching your friends Martial Arts and **learning how to break boards!** You will learn the proper technique and be able to take your broken boards home with you!



Space is limited so be sure to sign up today!

Rsvp with Mr. Wharem by Oct 7th so we can be sure to have enough boards! Rsvp either by phone 778-8475 or Email craig@kimacnh.com



October 2011

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2 Kingsway Ave Exeter NH 03833

603-778-8475

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C. English:
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C. Wharem:
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M. Miller:
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UPCOMING EVENTS

Closed 10/8-10/10 For
Columbus Day weekend
Pumpkins/Leaves
and Hiking!

10/14
Youth Beginner Pizza
Party

FREE To all Youth Begin-
ners! BRING FRIENDS

10/17-10/22

No Gi Training Week.
Shorts and tee shirt
and belt only.

10/29
Luke and Petey Pumpkin
Party! PLEASE RSVP!
12pm-1pm for Tots
1:30pm-3pm for Youth

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>Sign up for a free month of kicboxing this month only!!</i>						
2	3	4	5	6	7	8 Closed For Columbus Day
9	10 Closed For Columbus Day	11	12	13	14 Youth Beginner Pizza Party	15
16	17	18	19	20	21	22
No Gi Training Week						
23	24	25	26	27	28	29 Luke & Petey Pumpkin Party
30	31					

Parents Night Out

Place: Karate International Exeter NH

Date: Friday November 11, 2011

Time: 7—9pm

Cost: \$5.00 RSVP

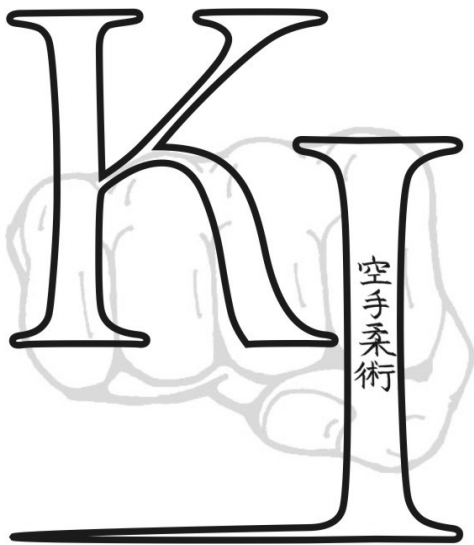
\$10 at the door.

Ages: 7-12 years old

Bring your friends and family to our Dojo

For fun games, Martial Arts and Movie!

Feature Film



CARS 2!!

Bring Pillows and Relax!
Popcorn and Juice Provided

PARENTS PLEASE NOTE: MOVIE RATING G or PG Only.
PLEASE RSVP SO WE CAN BE SURE TO HAVE PLENTY OF POPCORN AND DRINKS!
craig@kimacnh.com or call 778-8475



November 2011

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craig@kimacnh.com

M. Miller:

mark@kimacnh.com

UPCOMING EVENTS

11/1


No Tot/Youth or Teen
 Classes Due To Belt
 Exams.

11/4

7pm-8:30pm Parent
 Coaching Seminar
 All parents welcome
 Please RSVP

11/24-11/26

Closed For
 Thanksgiving Break!
 EAT TURKEY!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 BELT EXAMS NO TOTS/ YOUTH OR TEEN CLASSES	2	3	4 Parent Coaching Seminar 7-8:30pm	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
<i>Please Check out Our Blog!</i>						
20	21	22	23	24	25	26
www.kimacnh.com						
27	28	29	30			
<i>Closed For Thanksgiving</i>						

Focus On The Journey

By Craig Wharem



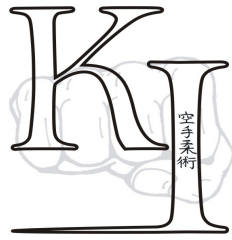
All throughout the early years in my life I had been bullied. I was overweight and shy which didn't make a good combination in elementary school. I was teased for my weight called names, got stuff thrown at me and was physically being picked on. This was always the case up until High School.

It wasn't until then I had reached a point in my life where I was slimming out and was becoming more confident. I attribute that to my martial arts training not only learning the physical skill but also learning the emotional and mental lessons. Twice a week for 45 Minutes I could forget everything that happened outside of the dojo. The rest of the world didn't exist it was just Martial Arts and just training.

That is what helped pull me through the low points in life. I felt like I couldn't talk to anyone about what was going on and I felt like I was alone in this struggle. That was until Mr. English told us one day before class that we are a team and that everyone sitting in that circle were friends and that it was up to us to be there for each other. We were supposed to be there for one another. That added a whole Dynamic to the dojo I never knew existed.

My senior year at EHS I had a friend whose brother did Karate and my friend was being bullied. He came to me and asked for help the bully was saying that he was going to fight him in the morning. I told my friend to stand by me and that the kid would have to get through me first. I also told a couple of my friends who trained with me and we all hung out with him the next morning and the kid sat across the room just looking at my friend. Shortly after that the kid stopped threatening my friend. I was really proud to help, He is a great person and doesn't have a mean bone in his body and I'm glad I could stand up and help him.

That is something that I hope never leaves the Teen and Youth Classes. That we are all a team and we need to help one another not just in the dojo but in life. That is something that sets our students apart from others and is what makes the students here great!



Personal Training

With John English

John has combined his years of experience in the martial arts, body building and sports to create a unique and fun program for people of all backgrounds to get into shape! The program combines weight training, functional exercise, kickboxing and cardiovascular exercise together to create a complete fitness program. The program will get you in shape! PERIOD. If your looking for a trainer who will sugar coat the workouts, create a single program for you to follow for weeks on end and let you coast in your sessions, then don't bother contacting John. No matter what your history, John can help you achieve your fitness goals.!



"John is great! Since starting his program I have lost 30lbs and I feel great. Every workout is different and he always keeps things fresh and exciting. I highly recommend anyone looking to get into shape try John's program!"



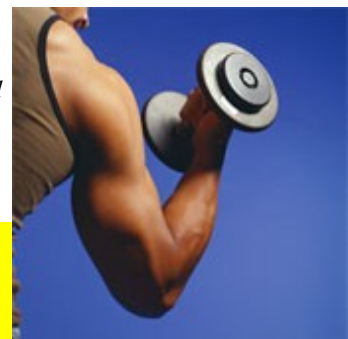
A recent study by the American College of Sports Medicine suggests that exercising with a personal trainer can improve your strength by up to 45 percent more than exercising without supervision and can help you achieve that goal up to 30 percent faster.

1 SESSION	\$55
1 EXPRESS SESSION	\$35
4 SESSIONS	\$200
4 EXPRESS SESSIONS	\$120

A regular session is 50 minutes an express session is 30 minutes



"Since doing MMA and cross training with John, I have seen all my other activities improve. I have more energy and feel great! I'm doing things I never thought I would enjoy. I highly recommend the program." Jon Bowers



First Express Session Is FREE!

You Can Reach John At: john@kimacnh.com

Karate International Preferred Business List