



September 2011  
**Bressaws Middlesex Karate**  
**Newsletter**

Fords, 523 New Brunswick Avenue (732-738-8199)  
Edison, 216 Tingley Lane (908-757-9292)

[WWW.Bressawskarate.com](http://WWW.Bressawskarate.com) [WWW.Shukokaikarate.com](http://WWW.Shukokaikarate.com) [WWW.Kimura-Shukokai.com](http://WWW.Kimura-Shukokai.com)

**WELCOME BACK EVERYONE!**

- 1. Closed Labor Day September 5<sup>th</sup> Monday only.**  
Our Sept BBQ will be posted in the dojos. It will be at Fords.
- 2. Demonstration and registration at Edison Family Fair, Rte 27 Municipal Complex, Edison. Saturday September 10<sup>th</sup> 11 to 5 pm.**
- 3. OPEN HOUSE IN BOTH SCHOOLS: a time for new students to join and get great discounts. SATURDAY, SEPTEMBER 17<sup>TH</sup> 10 AM to PM.**
- 4. Kimura Shukokai World Tournament coming to New Jersey in the early summer of 2012. Last one was 1996. Date will be determined soon. *Don't waste time do the hard work now to be ready for later.***

**OPEN HOUSE AND DEMONSTRATION:** It is a great time to recommend to your friends and family to take advantage of our **"One Free Month Challenge"** for great savings and discounts. It works like this: sign up for a free month, if they decide to sign up for more this is how the discounts work on programs 3 or six months:  
If sign up in: 1<sup>st</sup> week= 25% discount; 2<sup>nd</sup> week = 15% same; 3<sup>rd</sup> week 5%; 4<sup>th</sup> week then they would have had a free month and regular rates apply should they continue. The discount also includes the balance of the free month in addition to the period enrolled in. They will get the free month no matter what!

**Summer:** Summer has been fantastic at both schools. Those who have attended have gotten a jump in their skills over others. Classes were mostly full and the training session in August was a spring board for your fall and winter improvement.

Every time you step on to the mat, in terms of improvement, its like depositing money in the bank. All made possible with our skilled and fantastic instructors.

**OUR SCHOOLS:**

Our spirit is high, our technique continues to improve and new students are joining all the time. We will endeavor to keep classes to a reasonable level.

Understanding this is simple, our schools are a fantastic place to learn great martial arts, make friends, enhance your lifestyle, stay in shape and provide unparalleled enthusiasm. Our instructors can't wait to help everyone learn and advance.

**Women Only Self Defense Class:**

Jessica and Jana have been teaching women only self defense. Great exercise to get in fabulous shape with self defense oriented technique. It is doing great. Inquire at the Fords Dojo office.

***Karate Camp: Christopher really did a great job with all the campers. Improvement galore!***