

## Tournaments/Seminars 2010

January 9<sup>th</sup> Bi Annual Clinic  
January 31<sup>st</sup> Weapons & Okinawan Clinic  
February 13<sup>th</sup> Sweetheart Tournament  
March TBA, Mid America Open Tournament  
April 16<sup>th</sup> & 17<sup>th</sup> Black Belt Test & USKK Clinic  
April 23<sup>rd</sup> & 24<sup>th</sup>, Mañiori Yami  
May 30<sup>th</sup> Weapons & Okinawan Clinic  
June 7<sup>th</sup> 8<sup>th</sup>, Roger Greene Weekend  
July 17<sup>th</sup>, Sunflower State Games  
August 14<sup>th</sup> Bi Annual Clinic  
August 29<sup>th</sup> Weapons & Okinawan Clinic  
October 16<sup>th</sup>, Mid America Annual  
October 31<sup>st</sup> Weapons & Okinawan Clinic  
December 4<sup>th</sup>, Central Park Tournament

### Bi Annual Clinic

1:00-2:00	Warmup & Basics-Lively
2:00-3:00	Sets-Lively
3:00-4:00	Kata-Johansen
4:00-5:00	Kumite-Johansen/Lively

Pre-register & pre-pay required. \$25 or \$50 Family  
Pot Luck Dinner; bring your favorite side dish.  
Required for Brown Belts (You will not test if you have not been  
to two within one a year period)

### Weapons & Okinawan Clinic

3:00-4:30	Weapons
4:30-6:00	Okinawan

Pre-register & pre-pay required. \$25 or \$50 Family  
For those who would like to train in all Systems

### October 16<sup>th</sup> Holton Seminar 2010

Featured Guest: Professor Marron

9:30-10:30	Basics
10:30-11:30	Hawaiian Kata
11:30-12:30	Lunch
12:30-1:30	Self Defense
1:30-2:30	Weapons

Pre-register & pre-pay required. \$35 or \$70 Family  
Pot Luck Lunch; bring your favorite side dish .  
Required for Brown Belts (You will not test if you have not been  
to two within one a year period)

## Mid America Karate Academy

January/February 2010

Newsletter



Renshi Pam Johansen  
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## Schedule

Monday	Sensei Lively @ Berkshire 6:30-7:45 Family
Tuesday	Renshi Johansen @ Paxico 6:00-7:00 Family 7:00-7:30 Weapons
Wednesday	Renshi Johansen @ Holton 3:45-5:20 Youth 5:30-6:00 Weapons 6:00-7:30 Adults
Thursday	Renshi Johansen @ Paxico 6:00-7:00 Family 7:00-7:30 Weapons
Saturday	Renshi Johansen @ Manhattan 10:30-12:00 Family 12:00-12:30 Weapons

## Class Fees

\$ 40.00	Paxico/Holton Monthly
\$150.00	Paxico/Holton Semester
\$ 80.00	Paxico/Holton Family Monthly*
\$300.00	Paxico/Holton Family Semester*
\$ 50.00	Manhattan/Topeka Monthly
\$140.00	Manhattan/Topeka Semester
\$ 100.00	Manhattan/Topeka Family*
\$290.00	Manhattan/Topeka Fam.Semester*
\$ 15.00	Weapons Monthly
\$ 50.00	Weapons Semester
\$100.00	Weapons Family Sem.*

(2 or more immediate family members living in the same household) Please pay Mid America Karate for Holton and Paxico and Sensei Lively for Berkshire.

## Scripture Verse

Save \$\$ on merchandise!! Recite the monthly verse will save 10% a month up to 4 months...that's 40% off!!! In order to receive the discounts you must recite the verse and reference each month, as well as reciting them again when you redeem your discount.

*"Whoever loves discipline loves knowledge, but he who hates correction is stupid."*  
Proverbs 12:1

*Even a child is known by his actions, by whether his conduct is pure and right.*  
Proverbs 20:11

## Merchandise

☉ Black Hands	\$30*
☉ Black Boot	\$30*
☉ Black Head or Rib	\$35*
☉ Cloth Shin & insteps	\$15*
☉ Mouth piece/case	\$ 6*
☉ White Student	\$60 **
☉ White Heavy weight	\$100
☉ Patches	\$10
☉ Notebooks	\$20
☉ Hardwood Bo	\$20
☉ Tonfa	\$30
☉ Sai	\$60
☉ Kama	\$34
☉ Nunchaku	\$10
☉ Oar	\$50
☉ Signature Gi Bag	\$60

\*Required for orange  
Must prepay for special orders

## Tentative Promotion List:

February

Nelson Bontrager	1 <sup>st</sup> Brown
Barbara Bontrager	2 <sup>nd</sup> Brown
Breck Soto	2 <sup>nd</sup> Brown
Randy Mavrovich	3 <sup>rd</sup> Brown
Mark Mavrovich	3 <sup>rd</sup> Brown
Sydney McRae	3 <sup>rd</sup> Brown
Jordyn Savage	Purple
Mike Mosier	Blue
Ramzey Ingles	Blue
Eduardo Bertulfo	Blue
Doni Bertulfo	Blue
Maxine Bertulfo	Blue
Rylee Elder	Blue
Abigail Mc Daniel	Orange
Justice Huston	Orange
Jacob Drenon	Orange
Leah Lange	Yellow

## New Demo Team

Watch for details! Events Include but not limited to:  
Holton Days  
Kids Fest  
Motorcycle Rally  
Berkshire Annual

Karate begins and ends with **Courtesy**.

Actions have **Consequences**.

There is a difference between **knowing and doing**.

I am **Responsible**.

I lead by **Example**.

There is no excuse for **Bad Manners**