

January/February 2012



67 Church Street Flemington, NJ 08822 908.237.2826 www.karateandkrav.com
Home to Flemington Boot camps by Marie Ande www.flemingtonbootcamps.com

ATA Martial arts news and events.

Monthly Newsletter

MONTGOMERY TOURNAMENT

Saturday, February 4th

No classes this day.

Lower Middle School in Skillman, NJ

forms + sparring \$35

Pre-register at our academy!

If you are interested, see Mr. Snow and please attend tournament + sparring class.

LIFE SKILLS

JANUARY: GOALS IN MARTIAL ARTS

What are some of your goals in martial arts? Think of something other than getting your black belt!

FEBRUARY: COURTESY

Show someone how polite you are through your words and actions this month.

HEALTHY, FIT, STRONG

New women's fitness + nutrition program for beginners

January 30 - March 7

Monday + Wednesdays 10:30 - 11:30 AM

The cost for this 6-week program is \$450 and includes pre/post evaluations, recipes, home workouts, group support and more.

Register at www.flemingtonbootcamps.com or call Marie Ande at 908-963-5257

Taekwondo Graduation

Friday, February 24th

No classes this day.

Eligible students will receive a paper invitation from an instructor.

Happy Birthday!

January 4 Nora

January 20 Mr. Snow

January 23 Brett

January 29 Peter

February 7 Vidhyut

February 23 Christian

February 26 Mrs. Catalano

Valentine's Day Cards

Before you buy cards this year, check out our awesome ATA cards.. available to you for free! see any office staff to place your order.