

Karate and Jujitsu soon to be offered in Floyds Knobs

Written by Administrator

Wednesday, 19 August 2009 00:00 - Last Updated Wednesday, 19 August 2009 08:41

Balmer Martial Arts will be opening September 1 at 3700 Paoli Pike in Floyds Knobs.

Classes will cover Ryukyu Kempo Karate and Small Circle Jujitsu with a focus on self-defense.

Classes are for all abilities, children and adults, and are fun for the entire family. The emphasis is on learning positive social skills and self-defense in a safe and controlled environment. Students will be taught how to avoid and prevent violence and will learn self-defense techniques that are tailored to suit their size and ability.

In addition to regular classes, specialized self-defense workshops will be offered for pre-teens, teenagers and women.

Classes will be held Tuesdays and Thursdays starting at 6:45 p.m. and Saturdays starting at 12:30 p.m. Ages from 4 years old and up are welcome. Call 812 725-4645 or visit balmermartialarts.com for more information and class schedules. Join St. Mary of the Knobs to celebrate St. Patrick's Day in style! Their 4th Annual Reverse Raffle is set for Friday, March 13 at 7:30 p.m. Only 100 tickets sold in increments of \$100, \$50, and \$25. Total cash prizes of \$5,500 – even losers have a second chance to win!