

Promar Karate moves to new facilities

Promar Karate has moved to 318 Guelph Street! After over eight years in Cedarvale Gym it was decided to get a full-time location. The new school is in the beautiful, spotlessly clean "The Indoor Mall", with lots of free parking (beside Beaver Lumber). The old Cedarvale location will be missed as eight students were promoted to Black Belts there.

At 318 Guelph Street, students old and new will have access to an expanded and more focused schedule. By April, Promar students will be able to train six days a week. Promar has gone from 12 to 28 classes per week! Training is available to beginners all the way up to Black Belts, with different classes for different skill and age levels. Students as young as four years old

are accepted and adults who are in their fifties, also train.

Promar karate has three Black Belt Instructors with over 48 years experience in total, Mark Yates, Danny McNeil and Debbie Crispin. Forty percent of the students are female. Skill depends on technique and intelligence, not size.

Training at Promar Karate focuses on two areas - attitude and self-defense. The student learns that Karate is only for self-defense and not for bullying or showing off. Training blows off steam and builds self-confidence through a program of realistic goal setting and goal achievement.

In regard to self-defense, practicality is taught. Students know how to handle an attacker who grabs them from behind or knocks them

to the ground. Nine out of 10 real altercations come down to someone being grabbed and then ending up on the ground. Promar students learn how to deal with realistic self-defense situations as opposed to "sport" Karate. Quite often just taking a Martial Arts course makes students aware of dangerous situations so you either consciously or sub-consciously learn to assess and avoid them.

One of the greatest pleasures in teaching Martial Arts is seeing families train together. Promar Karate has numerous moms, dads, sons and daughters of all ages progressing together. Family groups often excel because they help each other

and also train extra hard at home.

One reason Promar has had a lot of success over the years is that the club was founded on the principle that it wanted to reach the people that might have had special needs that were not being met by other sports or karate clubs. By being patient with students and working with them at their own acceptable pace, Promar has had great success with people who would never have stuck with other sports in all.

Affecting change in people's lives is also rewarding. By supplementing Karate with praise, positive reinforcement and guidance, Promar has seen people turn their grades around, conquer drugs and

alcohol and develop a work ethic that took them from sitting in front of a television set all day to where they were actually doing and achieving instead of watching the world go by.

Karate skills are also valuable - it can be a sick world out there. If a son or wife is attacked by some predator, they should have the skills to deal with their assailant. If a daughter acquaints herself with some date rapist or abusive partner, Karate skills will quickly put the person in his place. What is the alternative?

Karate, when taught safely and responsibly, is fun!

Recreation news

New courses underway

Gardening workshop

Gardening without Poisons is a series all about planning your home garden, controlling pests and composting using traditional methods without chemicals. We need to change our perspective to save our home - the Earth! Each workshop is \$15.50. Starts Tuesdays, Feb 2 at Sacre Coeur School in Georgetown. Call the Recreation and Parks Department at 873-2600, ext. 268 for more information.

Kids crafts

Creative Crafts for Kids - Four Saturday afternoons starting Feb 13 at Prospect Park Pavilion by the lake in Acton. A beautiful setting for creative minds! This program is for 5-7 year olds and includes all supplies for \$30. Call the Recreation and Parks Department

at 873-2600, ext. 268 on how to register.

Youth Activity Night

Are you suffering from the after Christmas blahs? Come out and join the students from grades 5-8 at the Halton Hills Recreation and Parks Department's Youth Activity Night. We meet every Wed night from 7-9 p.m. at Ecole Sacre Coeur. If you enjoy playing many different recreational sports and meeting new people, this is the place for you! (\$3 drop in fee). For more information, please call our office at 873-2600, ext. 268.

Valentine's Swim - Bring a Valentine for your favorite life-guard and if you are wearing red, we'll let you in free. Sat., Feb 13, 2-4 p.m. at both indoor pools.



Promar Karate students were tested recently for "yellow" first level. At left, Pamela Edwards demonstrates "side kick", while Mark Edwards (middle) attempts to follow instructor Debbie Crispin. Promar opened its new location last week at 318 Guelph Street, The Indoor Mall.

GRAND OPENING D.L. CRISPIN'S NEW LOCATION "PROMAR KARATE"

318 Guelph St. Unit #3 (Highway #7) Georgetown

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SPECIAL CLASSES FOR 4-8 YEAR OLDS

"KARATE" BIRTHDAY PARTIES

Your Black-Belt Instructors:
D.L. Crispin, 2nd Dan
Mark Yates, 3rd Dan
Danny McNeil, 1st Dan
(over 48 years combined Martial Arts experience)



318 Guelph St. Unit #3
Georgetown
877-9009

MARCH BREAK KARATE CAMP
March 15-19 (9am- 4pm)
Beginners Welcome!
Group leader to every 6-8 students
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