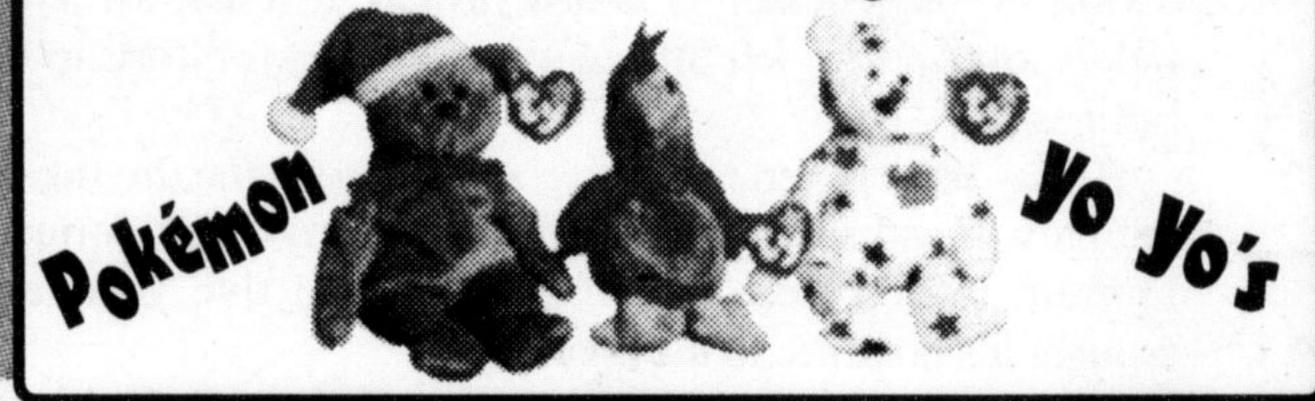
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# COMICEXPRESS

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Games · Beanies · Magic · Comics





Knit your own

# Golf Pro

Nantryglo Wool Phop

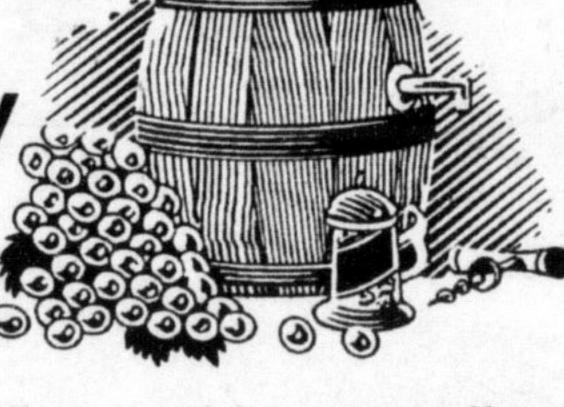
Carriage Square

Milton
(Corner of Martin & Main)

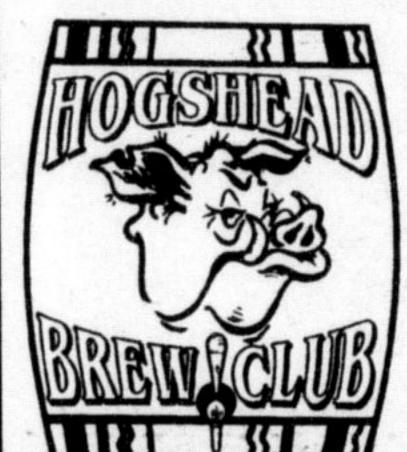
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### The Hobby that SAVES you money

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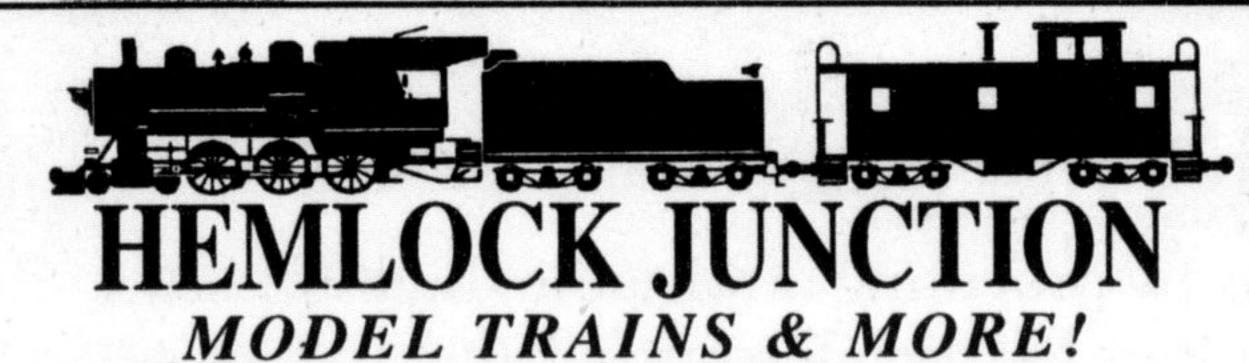


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## "Thomas The Tank"

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# Milton Jiu-Jitsu celebrates 25th

Milton Jiu-Jitsu celebrates it's 25th anniversary this year. Milton Jiu-Jitsu was started 25 years ago by Bob Kranstz, in partnership with the Milton Parks and Recreation, at Milton High School. Milton Jiu-Jitsu moved to its' present site at 310 Main St. 22 years ago. It is still operated by Bob Kranstz, a 6th degree Black Belt in Jiu-Jitsu, and his daughter Darlene, who is a 4 time female world Jiu-Jitsu champion and a 4th degree Black Belt. Bob, Darlene and Bob's wife Donna, (who handles the business end of the club), operate the club as a friendly family place, and they try to make everyone feel as though they are part of their family.

Jiu-Jitsu is the Martial Art that spawned other Martial Arts. Jiu-Jitsu has punching, kicking and blocking techniques, as well as throwing, and grappling techniques. It teaches the joint locking techniques of Aikido. Bob Kranstz who was one of the pioneers of **Sport Jiu-Jitsu** has coached the Canadian team for many years, and now has some of the Canadian Champions teaching Sport Jiu-Jitsu at the club. To the many former club members, Bob says to contact him, Darlene, or Donna for information on our 25th Anniversary Party in August of this year.



# MILTON JIU-JITSU

CELEBRATES ITS 25TH YEAR AS MILTON'S FIRST AND LONGEST RUNNING MARTIAL ARTS CLUB

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