



The Powerful
Alternative
4924 North Hwy. 169
New Hope, MN 55428

USA KARATE



The Powerful Alternative

USA KARATE is a full service Karate school dedicated to helping ALL students achieve their personal goals. Class times are offered six days a week to accommodate everyone's busy schedule.

To guarantee that you learn from experts, all of our experienced instructors are certified 1st degree or above Black Belts.



For more information contact us on the Internet: www.usakaratenet.com
or Phone Today (612) USA-1234

USA KARATE SCHOOLS specialize in helping people like you to develop a healthy mind and body, and to feel more secure through quality comprehensive professional karate instruction.

Whether your interest is:

- Self-defense,
- Self-confidence,
- Physical conditioning,
- Stress reduction,
- Weight loss,
- Flexibility,
- Coordination or
- Sport...

USA KARATE is THE POWERFUL ALTERNATIVE that will get you the results you are looking for!

EXPERIENCE RESULTS YOU CAN FEEL



PHYSICAL CONDITIONING.

A major benefit of the highly structured and proven training program is that you will gradually develop and improve your level of physical conditioning. Don't worry about being in top condition before beginning classes, because USA KARATE'S "total body

exercise" will soon put you in peak condition, With USA KARATE you will not only SEE the difference, you'll FEEL the difference.

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THE POWERFUL ALTERNATIVE IS NOT JUST FOR ADULTS

YOUR CHILD will benefit from **USA KARATE** in many ways. His or her attention span, and ability to “sit still and learn” will develop through the self discipline learned at **USA KARATE**. As one’s karate skills improve, so does one’s self-image and respect for others. Your child will become more willing to try to excel and their fear of failure will diminish. The achievement of belt levels provides a short term goal structure that will teach your child to be success oriented. At **USA KARATE**, students progress at their own pace, ensuring that all children enjoy their growth and physical aptitude

FRIENDSHIPS form as you and your child become involved in the **USA KARATE** Family by participating in classes and special events.



AS A CONCERNED PARENT, do you worry about your child being bullied or having to cope with added challenges accompanied with ADD ADHD? Many physicians recommend **USA KARATE** as a way to help children achieve social, physical, mental, and emotional growth.

“USA KARATE has given my shy children confidence that they have utilized in school and other social situations. I enjoy taking it for the sport, physical conditioning and the release from daily stresses.”



A HEALTHY MIND AND BODY PLUS.A WHOLE LOT MORE



YOU WANT MORE ... USA KARATE'S physical and mental training will help you or your child develop increased agility, grace, coordination, self confidence and a positive self- image.

More and more people like you find **USA KARATE** as the key to self confidence and personal security. You will gain physical skills and an awareness that will give you peace of mind.

THE POWERFUL ALTERNATIVE is the proven program that will get the results you are looking for!

USA KARATE now operates numerous schools in the Twin Cities serving several thousand active members.

**To find the school closest to you,
Call: (612) USA-1234**

YOUR MASTER INSTRUCTORS



Mr. Gordon Franks and Pat Worley

Gordon Franks and Pat Worley are the founders of **USA KARATE** and are both seventh degree black belts in American Tae Kwon Do. Recognized as the **KARATE MASTERS**, they each have over 25 years experience in the martial arts and are listed in the *History of Martial Arts*, and *Who's Who in American Martial Arts*.

Worley, was rated in the national top ten for fighting from 1970 through 1975 and was the number one contender for the World Middle-Weight title from 1974 to 1977.

Three years after earning his black belt, Gordon Franks won the PKA World Super Lightweight championship in full contact karate. Franks was the chairman of the PKA Fighters Association and a deputy commissioner on the Minnesota Boxing Board in charge of competitive karate activity in Minnesota.

NOW IS the best time to experience **USA KARATE!** Take advantage of our specially designed introductory class, and you'll actually learn kicking, punching, and basic selfdefense maneuvers.

We'll answer all your questions and demonstrate the ways **USA KARATE** training has proven to get you what you want. **ACT NOW!!**

Guest Pass

Good for one free introductory class at any **USA Karate School** or try our one month special including uniform for **only \$14.95.**

Please call ahead for appointment.

Call USA - 1234



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