

Delta Kajukenbo News

Volume 1, Issue 2

2nd Quarter, April 2010

Spring is here!

Salutations from Sifu

Professor Frank Wohler (Sifu)

Delta Kajukenbo

Aloha!

Well hopefully all the rain and cold weather are behind us for awhile. Time to enjoy another California spring. I hope this newsletter finds all of my Ohana doing well. Again I would like to thank you all for your continued support - without you, my students and extended family, Delta Kajukenbo would not exist. I appreciate each and every one of you and I endeavor to fulfill your martial arts needs to the absolute best of my abilities.

Mahalo,

Sifu

State of the Kwoon

Conditions at Delta Kajukenbo

Professor Frank Wohler (Sifu)

Delta Kajukenbo

Delta Kajukenbo Springs into 2010

Early in 2010 I conducted a staff meeting. The result of that staff meeting was a course of action to reduce expenses, boost enrollment and ensure the ongoing success of Delta Kajukenbo.

One of the items resulting from the staff meeting was the "Ohana Program". The Ohana program was designed as an incentive. An incentive for existing members to recruit friends, family and associates to enroll at Delta Kajukenbo. We would love to share our art and grow stronger by expanding our family and benefiting from the contributions and experiences of new members. The "Ohana Program" rewards the referring member and the new member by granting a discounted monthly rate to each. I hope each and every one of you offers a free two week buddy pass to anyone you wish to share our art with.

Remember that Martial Arts and swimming are two of the most valuable forms of exercise you could ever participate in. Each provides many great health benefits but what sets them apart from other activities & forms of exercise is their very real and practical application toward your survival. Falling into a body of water is not the time to realize you do not know how to swim! Finding yourself in a self defense situation is not the time to discover you do not know how to defend yourself! Take your martial arts training very seriously - for it, like your ability to swim, may someday save your or your loved one's life.

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SPECIAL PROMOTIONS

The "Ohana" Program

During 2010 Delta Kajukenbo will offer the "Ohana" program. Any referral that leads to a new enrollment at Delta Kajukenbo will result in both the new and existing members sharing the reduced "Ohana" rate for the corresponding number of members in their "Ohana" group. Ohana members enjoy the following discounts from the full rate:

- ⇒ 2 Members – 15% discount
- ⇒ 3 Members – 20% discount
- ⇒ 4(+) Members – 25% discount

This means that if you are a member currently paying the full rate and you enroll a friend under the "Ohana" program you would each pay \$59.50 per month instead of the full rate of \$70.00. Enroll in the EFT program and save an additional 10% dropping your dues to only \$53.55 per month. Expand your "Ohana" and enjoy even deeper discounts as low as \$47.25 per member per month for Ohana groups of 4 or more that also enroll in the EFT program.

CALENDAR OF EVENTS

KAA WORKOUT – APRIL 18

PLACE: DELTA KAJUKENBO (TRACY)

TIME: 10:00AM - 1:00PM

Hosted by Professor Frank Wohler

KAA WORKOUT – MAY 16

PLACE: BONO'S JKD/KAJUKENBO (SAN JOSE)

TIME: 10:00AM - 1:00PM

Hosted by Professor John Bono

KAA WORKOUT – JUNE 27

PLACE: ESTELLER MARTIAL ARTS (SAN LEANDRO)

TIME: 10:00AM - 1:00PM

Hosted by Professor Ron Esteller

The KAA

The KAA has been very active. The monthly workouts are in full swing. Whether you are a KAA member or not you are welcomed and encouraged to attend the monthly workouts. Workouts are usually held on the third Sunday of the month and always begin at 10:00 AM usually lasting for about 2 hours. The cost for these workouts is \$10.00 for KAA members and \$20.00 for non-KAA members.

If you are not yet a member of the KAA please contact Sifu for an application.

If you'd like to see what a KAA workout is like we have recorded a few; they are available to view on our computer video library. Ask Sifu to pull one up on the new computer located along side the training floor.

The KAA workout for April is right here at home at Delta Kajukenbo!!!!!!!!!!!!

EFT Payments

In an effort to keep us strong I have placed a sign up sheet on the wall above the check-in table. That sign up sheet is for those wishing to participate in the EFT payment option. EFT or "electronic funds transfer" provides several benefits to Delta Kajukenbo and its members.

No more writing checks: Members enrolling in EFT will automatically pay their dues electronically each month.

No more late fees: By arranging for automatic payment your dues will never be late.

Additional discounts: Save an additional 10% off your normal monthly rate.

Fewer trips to the bank for Sifu: Sifu no longer has to prepare deposits and make physical trips to deposit checks in the bank.

So please take the time to sign up for the EFT payment plan. We can't implement it until we get at least 20 names on the list.

Why not add your name to the list today?

MEMBER PROFILE

RICHARD HURTADO



Richard, age 12, comes to us from Lathrop. He formerly studied under Sifu Lopez in Stockton. He came to us as an orange belt and has shown an extreme passion for soaking up any and all of the techniques he can. Richard's attendance is phenomenal - he attends class almost every day including taking full advantage of most Saturday open matt classes. Richard was awarded his purple belt by Professor Wohler during the holiday celebration due to his extraordinary accomplishments. Richard has proven his worthiness and desire to hold that rank and demonstrated great dedication toward advancing to blue. He is currently re-enforcing his knowledge of the first twelve pinans. Yes! - That's Right! Richard has learned the first twelve Gaylord's Method pinans in about 6 months. Congratulations Richard - your hard work and dedication are greatly recognized and serve as an example to all. Please take the time to introduce yourself to Richard - I'm sure he would love the opportunity to learn from and/or share his knowledge with you.

Favorite Techniques:

Strike: Inverted Back Knuckle

Kick: Back Leg Round Kick

Form: Pinan 11

The Suggestion Box

We welcome your feedback.

Delta Kajukenbo Wants to Hear from You

Please take a moment to locate the "Suggestion" box as you enter the school. Pencils and 3"x5" cards are provided for you to share any questions, comments or concerns you have regarding Delta Kajukenbo.

Have an idea for a new class?

Want a seminar on a particular topic?

Have an issue with the facilities?

We want to hear it - put in on a card and drop it in the suggestion box!

Delta Kajukenbo Store

Get your gear right here at Delta Kajukenbo.

Delta offers a great selection of martial arts gear.

Select from stock on hand or special order from a variety of suppliers. Orders are usually received within 1-3 business days.

"Don't be a robot, use your hips, flow from one move to the next."

GGMG

