

Karate Classes will be given this year by Sensei Bruce Dublin, Dr. of Acupuncture and Chinese Medicine with over 20 years of teaching experience. He will teach us how to be a warrior and how to have fun while learning amazing mental and physical techniques. Details below:

Karate (Tora Dojo), **JKD** (Bruce Lee style), **Boxing**, **Muay Tai** (Thailand Kick Boxing), **Arnis** (stick fighting).

Aerobic Conditioning get into shape and lose weight while having fun

Meditation learn to focus your mind to improve concentration, discipline, equanimity, mindfulness and confidence.

Relieve Stress learn how to breath properly to reduce tension and stress

Classes start on Monday, September 5. The try out class will be on this day according to the schedule below.

Sensei Bruce's method is based on Tora Dojo, a style invented and cultivated by Jews for Jews, based on ancient Jewish fighting concepts, along with Thailand and Filipino fighting systems.

Please visit www.toradojo.co.il

Click on the What is Tora Dojo link for more information. Sensei Bruce combines other styles to provide the most well rounded and effective martial arts experience possible.

Schedule and prices: Please list clearly which group you are registering for.

Adults (12 and up) Monday 18:15

Kids (7-11) yrs. Mon. 5:15-6:15; 165 NIS/month

Tiger Tots (4-6yrs.) Mondays 4:30-5:15, 135 NIS/month

This year Karate will be offered on Mondays only. For more information call Bruce: 052-8021436

Softball Program

We would like to welcome the beginning of a new season 2011/12 that will begin this Fall. We will begin with strengthening fundamentals and individual skills while reviewing team plays. Even the "pros" start off the season with the basics.

In the winter months, the coaches typically work on hitting, pitching, and team defense. The ISA league season begins in the spring. Games are scheduled with other teams in our region.

Scrimmages, however, are scattered throughout most of the practices.

The softball program is divided into three age categories:

- 1. **Minors** - 3rd through 6th grade (8 - 12 year olds)

This age group will be divided into 2 groups and scrimmages will be incorporated into the practices most weeks. Practices are held on a weekday after school, time and day to be announced. Price includes insurance and uniform.

- 2. **Juniors** - 7th through 9th grade (12-15 year olds)

This age group will also be divided into 2 groups and scrimmages will be incorporated into the practices most weeks. Practices are held on Fridays, exact time to be announced. Price includes insurance and uniform.

- 3. **Seniors and Women** - 10th grade + (16 years +) will be part of a team competing in the Woman's Softball League. Practice schedule and Game Schedule to be announced. The League fee varies from team to team. There is an additional charge of 100 shekels for insurance for this specific program.

Registration: As with other chugim in the yishuv, no child will be permitted to play without registering for softball with Bryna Hartman during chug registration hours. The fee, **1650 shekel** (for Minors and Juniors) may be paid in full at the time of registration or up to 3 'tashlumim'.

The annual "Ayelet Games", that take place in Efrat for players 12 and up, will take place in March. The price for participation is not included in the price of the yearly program.

A pro-rated refund will be considered if a child withdraws from the chug, depending on when the parent formally notifies Bryna. No refunds will be granted for a child who drops out after November 20, 2011

For details contact: Rhonda Lloyd: rhondesign@yahoo.com