

TRADITIONAL KARATE CENTER

News and Events • Summer 2011



Team Building with Sensei Ronda

This past June, Sensei Ronda was hired for the day by ConAgra Corporation for a team building exercise built around 'Board Breaking!' The CEO had an idea for her employees to write down their most challenging goal on a board that under the direction of Sensei Ronda, they would later "break through."



Sensei Ronda holding a board for a ConAgra employee

Important Dates to Remember:

Summer Session 2011:

June 6 - August 27, 2011

Summer Promotion Exam:

Saturday, August 27, 2011

Sensei DeSardi Kata Seminar:

Saturday, July 30, 2011

TKC Karate Demonstration:

Wednesday, July 20, 2011
10:00AM @ the Wilmette Theatre

Karate Summer Camp:

July 19 - August 12, 2010
Please contact dojo for more information

Assisted by Susan Balaban and Jeff

Markham, Sensei Ronda traveled to ConAgra's annual meeting sight in Westchester, IL where 70 employees were gathered. They were taught how to execute a forearm/elbow strike. All 70 employees successfully met and exceeded their challenges by breaking boards, TKC karate style!

TKC National Champions!

Congratulations to Todd Hogan and Adam Gill who competed in the AAU National Championships in Ft. Lauderdale, FL., at the end of June. Todd won a silver medal in kumite (sparring) and Adam won gold medal in kumite and a silver medal in kata. Great job guys!



Todd Hogan sparring in National Championships



A Message from Our Friend Abroad

During this past spring we had several visitors to our dojo from other countries. One of them was Arti B. from England and he trained with us for most of the winter.

Now back home in England he recently wrote Sensei Ronda:

I would like to thank you and Sensei Scott for my training whilst in Illinois. It was an honor and a pleasure to train with your student...training at your dojo showed me the level I can aspire to. Your students were so much more able and of such a high standard...You should be very proud of having such dedicated students.

I was very impressed with the dojo setup, it's etiquette and how smoothly it functioned. I have yet to see one of that standard in the UK.

My return is not clear, but should I do so, I hope I would be welcome to train again at your Dojo.

TKC Sponsors Free Film Festival

The Traditional Karate Center is one of the sponsors for this years Free Film Festival at the Wilmette Theatre. Our dojo will be doing a karate demonstration on Wednesday July 20th at 10AM just before the showing of Kung Fu Panda! Please see www.wilmettetheatre.com for more information on the film festival.

KIDS FREE FILM FEST

KUNG FU PANDA
Wed, July 20, 10am

CHARLOTTE'S WEB
Wed, July 27, 10am

LASSIE
Wed, Aug 3, 10am

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