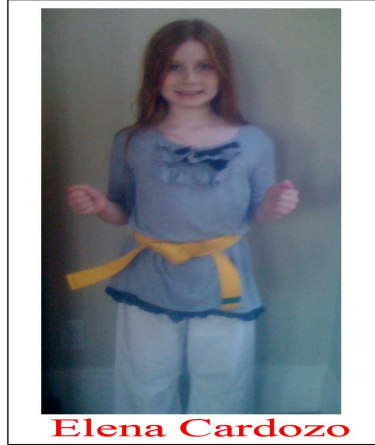




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STUDENT OF THE MONTH



Elena Cardozo

February 2011

Elena Cardozo-Green Stripe. I am very happy to announce this month's Student of the Month! Elena's progress from white belt to green stripe has been exciting for me. When she started she more swayed through the techniques like dancing, rather than karate. As she has moved through the belts, especially in the last year, she has executed her techniques with more focus and power. She has a lot less "I can't", "I don't know how", or (my personal favorite) "You haven't taught me!" She is more confident in her skills and her power is strengthening at every class. Elena is starting to believe in her Karate. She is very excited to test Green Belt this month. Congrats!

FROM SENSEI It's a New Year!

What a GREAT Demo. Thank you so much for those of you who were able to make it out and support JFK Karate at SFX. Please email photo/video copies!!

**GREAT
JOB!
PARENT
DEMO
2.19.2011**



Tensho
Kata



Taikyoku 1



Kick
Break



Combs



2011



Sparring

Welcome New Students

Braxton Giesler
Janie Patel
Sarah Aljarah
Anvi Koppula
Sadie Stafford

Check out more @
www.sfxfitness.com