

CRUSADER NEWS

FEBRUARY 2010

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1st Annual K.F.C.F. Conference

Coming in March!!

On Friday & Saturday, March 26 & 27th will be K.F.C.F. 's 1st Annual Conference and you are invited!!

Take advantage of the many Masters and Instructors that are coming to teach and demonstrate their expertise in different styles, knowledge and weaponry!

This is open to all students ages 8 and up. You do not have to be a karate student to participate; however, a karate uniform will be required to be worn for seminar classes.

Classes being taught at the seminar include, but are not limited to:

- Hapkido
- Defender Control
- MMA Grappling
- Double Stick
- Jujitsu
- Bong Techniques
- Kung Fu
- Kids Bag Work
- Kids Military Way
- Everyday Weapons
- Kwon Product
- Sword Drawing

AND MUCH MORE!!

On Saturday evening there will be a Medieval / Renaissance Banquet where you can dress up in Medieval times! If you don't want to come in costume, you are still welcome to come! Please dress nicely.

Cost for 2 day seminar + banquet is **\$65 BEFORE March 26th.**

Cost day of Seminar / at the door—\$75.

Banquet Only—\$25 per person.

Applications are by the sign in table and sign up sheet is on Event Bulletin Board.

See you there!



Swing Dance Instructional Classes

Looking for fun on a Friday night? Hey couples—need a date night with your spouse? Teens—want to show off to your friends some cool moves?

Then swing dancing is just for you!

**Starting Friday,
Feb. 5th—6:00pm—
7:15pm**

Wear comfortable clothing—jeans, t-shirt, tennis shoes. Ladies wear pony tails and no low cut shirts. If you wish to wear a skirt/dress please wear shorts underneath such as lycra bike shorts or aerobics shorts.

Bring water with you or purchase some at the Proshop for .50.

Brie DeGraaf will be your Instructor and has taught at Rosa Parks Circle for some time. Tea Vranish, who has taken Brie's class instruction, will be her assistant.

Sign up sheets are on Event Bulletin Board. Need 20 women & men—Hurry spots are filling up fast!

Cost: Love Donation

A DONATING FAMILY

We have all heard of the devastation in Haiti. Many have died, and many more are suffering without food, water and supplies.

One of our board members knows a doctor who travels to Haiti one week a month to devote his medical services at no charge to the Haitian people. His name is Dr. Bill TenHaaf. Many newscasters have interviewed him and the best one I have witnessed so far is on www.wgme.com—Haiti relief. There is a video clip of Dr. TenHaaf and the patients

he is treating in Haiti explaining what obstacles they are facing.

His base is 100 miles from Port -Au-Prince, and he has done medical missionary work for 30 years as a surgeon. Our goal is to raise \$2,000 to help the Haitian people. All proceeds will go directly to Dr. Bill TenHaaf for medical supplies and antibiotics.

Will you please help?

In addition, Crusader is taking part in aiding our homeless right here in town. How long have you gone without brush-

ing your teeth? Women, have you gone through a month without the necessities?

Teens—how long can you go wearing the same underwear and socks? How about sleeping in the cold with no coat, scarf, hat, gloves, shoes, etc?

This is how most of our homeless people live—no tooth brush, toothpaste, same socks, same underwear, no proper clothing during harsh winters, and for women no necessities,

Proceeds going toward Mel Trotter and/or Guiding Light Missions.

Support Groups

We have a support group for families who have children with Autism. Deb Radmacher is leading this group and has an autistic child of her own. She has done much research, tried different doctors and many trials and errors of her own to find out what works and doesn't work.

This group is for those searching for information, guidance, and support. If you or someone you know would be interested in attending this support group please contact Deb Radmacher at 616-889-5118 or dradmach@charter.net.

POSSIBLE Parenting Classes coming—if anyone is interested please see Jaci.



T-Shirts / Sweatshirts

Colors have been narrowed down and can be viewed on sign in table. **Last day to vote is Saturday, Feb. 13th.** Color with most votes wins!

There will be sign up sheets for t-shirts and sweatshirts after the voting is done. Both products will be available in the proshop at the same time!



New Proshop Items

Coming soon!! Stainless steel water bottles, drawstring sport packs, sport duffle bags, lunch coolers, sweat towels, colored keebongs, and bumper stickers (My child is a Black Belt at Crusader Martial Arts; I'm a student at Crusader Martial Arts, I rock it out for Christ at Crusader Martial Arts).

Product display and sign up sheets will be up soon!

Tune—Up Test

Saturday, February 6th—1:30pm

Kids/ Mini Test

Saturday, February 13th—9:00am

Adult, Family Senior, Test

Saturday, February 6th—9:00am

Referral Cards

Located on sign in table. Put your name on card, and hand out to anyone expressing interest in karate.

K.F.C.F. Tournament

April 17, 2010....coming soon!



Premier Jewelry Show

Thursday, March 20th—6:30pm!
ALL ladies welcome! Bring a friend!



New Drinks in Proshop!

Vitamin Water—\$1
SoBe's—variety of flavors—\$1

Open Bible Study

Every Wednesday morning from 10am—11:30am—bring a snack or dish to pass!

Welcoming men and women!

