

California Martial Arts Institute

February 2012

721 West Napa Street Sonoma, CA 95476
(707) 938-9478 email: mantis@calmartialarts.com
www.calmartialarts.com - See us on Facebook!

Valentines Movie Night and Sleep Over

**Saturday
February 11th
6:30pm to 9am**

**Dinner
&
Breakfast**



**Movies, Games &
A Ton of fun !**

**Parents it's your time to
enjoy
Valentines Day**

**While we take care
of the kids in a
safe environment!
\$35**

Special Advance Training Tactics Workshop For Kids By Sensei Crysta

*2 hours of advance training in the
martial arts!*

Learn advanced Techniques,
Sparring & Workouts

Saturday February 25th
1pm to 3pm Only \$25



Belt Exams Coming

Wednesday March 14th

**Please Sign up at the
Proshop**

Private Lesson Packages Now Available *Get that edge on your training*



February Birthdays

Anders Hart	2/5
Alex Echeverria	2/6
Betina Hart	2/14
Jose de la Cruz	2/16
Fernando Rivera	2/19
Ericzander Salomon	2/19
Andrew Beatty	2/22
Jose de la Cruz, Jr.	2/25
Jake McVeigh	2/25
Genevieve Cook	2/26
Alex Beloz	2/27
Spring Stambaugh	2/28

**FOCUS
ON YOUR
BODY**
WITH
MARTIAL ARTS
TRAINING

ENDURANCE
FLEXIBILITY
STRENGTH
FAT BURNING
SELF-DEFENSE

CALL TODAY

Sonoma, California