

## **It's not too late to keep that New Year's Resolution!**

Although it's after the first of the year, you might think it's too late to make that New Year's Resolution! Maybe you never made any commitments to yourself for the New Year, or maybe you've already broken any resolutions you have already made. Don't feel discouraged, because we at AFKA want to give you a second chance to motivate, improve and feel better about yourself in the New Year!

Your second chance begins on February 20<sup>th</sup> at 1:30 pm, on the Chinese New Year, the Year of the Tiger. AFKA wants you to develop some personal goals to commit yourself to honoring during the year. Talk to one of your instructors about focusing on your martial arts studies! Reach your next belt rank, compete in a martial arts tournament, or try a new martial arts style!

Meet with your instructor to see what will be required to accomplish your goal! Create deadlines, and a list of small, achievable steps to reach your next belt rank! Find out about any tournaments that may be available in the area, and immediately fill out your tournament entry form and prepay the registration fee. This will make it less likely for you to skip out on an event that you have already prepaid. Study a new martial arts style!

In addition, why not participate in one of our cardio classes? Or better yet, have a friend or family member take advantage of one of our classes, and have them commit themselves to improvement in mind and body for the New Year! Maybe you can make it a personal goal to enlist one person in this endeavor during the year, using one of our special 4-week introductory courses?

Don't forget to talk to one of your instructors about your New Year's resolutions, as they will be able to help, encourage, and keep you accountable. They may also be able to offer some additional New Year's resolution ideas!

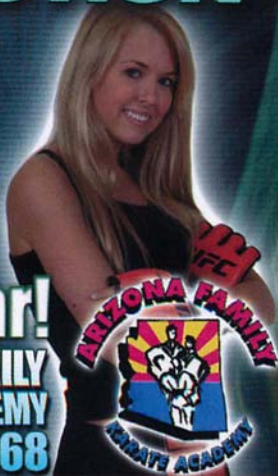
**FITNESS THROUGH  
CARDIO KICKBOXING  
& MARTIAL ARTS**

**SECOND CHANCE  
RESOLUTION  
SOLUTION**

**GET  
FIT**

**This Year!**

**ARIZONA FAMILY  
KARATE ACADEMY  
623-587-1668**



**NOW IS YOUR BEST CHANCE TO UPHOLD YOUR  
NEW YEAR'S RESOLUTION WITH OUR SECOND CHANCE  
FREE INTRODUCTORY CLASS!!!**

At Arizona Family Karate Academy we have put together  
a specialized curriculum that not only teaches proven  
self-defense, but it also gets you in great shape!

**TO RESERVE, YOU MUST CALL TODAY!  
SPACE IS EXTREMELY LIMITED!!**

**LET US SHOW YOU HOW WE CAN BE YOUR**

**RESOLUTION  
SOLUTION**

**ARIZONA FAMILY  
KARATE ACADEMY**

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