



KI-DO KARATE TEACHES GIRL SCOUTS — The Ki-Do Karate recently gave members of Girl Scout Troop # 339 some karate lessons. Pictured are, front row from left, Julia Dillow, Madison Zobrist, Amber Potts, Rachel Koehnemann, Brooke Hustedde, Miranda Munguia, Allison Williams and Katy Daiber; back row, Zach Rakers, Melissa Bossler, Alena Miller, Brandon Lanham, Heather Hendershott and Jenna Diaz.

Girl Scout Troop gets a kick out of karate lesson

Ki-Do Karate introduced karate to Girl Scout Troop # 339 on Jan. 12.

Girl Scout leader Kristin Koehnemann set up this exciting experience. The Girl Scout members who participated in this introduction class were Julia Dillow, Madison Zobrist, Amber Potts, Rachel Koehnemann, Brooke Hustedde, Miranda Munguia, Allison Williams and

Katy Daiber.

They participated in several drills to improve their skills, including balance, concentration, self-discipline and self-defense.

First, the Girl Scouts worked on their footwork allowing them to achieve a warm-up. Footwork also allows one to either escape or set up a defensive attack against an attacker.

Then they worked on kicking

drills, helping them with their coordination and balance. Next they went through some blocking drills. Finally, the Girl Scout members learned about drills that help develop concentration, self-discipline, building self-esteem and respect.

For information about the martial arts or to enroll in classes, contact Ki-Do Karate at 654-KICK (5425).