International Institute of Martial Arts

WWW.IIMAKARATE.COM
(760) 591-0456

March/April 2012
ISSUE 3, 2012

Locations in San Marcos, Rancho Bernardo, Valley Center and Carlsbad

Primal Blueprint Seminar at IIMA

June 4, 2012 6:30-9:30pm Register online at www.primalblueprint.com or www.marksdailyapple.com

The Primal Blueprint Transformation seminar emphasizes the 8 Key Concepts and 5 Action Items detailed in *The Primal Blueprint 21-Day Total Body Transformation*. These concepts and action items provide a "cut to the chase" practical guide to transition smoothly and quickly into a Primal lifestyle. Major emphasis is placed on dialing in your Primal eating strategy, so you can transition out of a carbohydrate-dependent metabolism into a fat burning beast!

This is a fast-paced seminar lasting three hours, consisting of a live presentation, entertaining slide show and audience question and answer interaction. When you leave, you'll know exactly what to do in order to "get Primal" in the following 21 days, including:

- - Specific instructions for how to shed excess body fat and maintain ideal body composition primarily through diet, by eating Primal foods and ditching the whole grain-based diet promoted by Conventional Wisdom.
- - Understanding the best-to-worst choices in each category of food; how to shop and forage in the modern world!
- - Rejecting chronic exercise patterns in favor of a Primal Blueprint Fitness blend of low-level movement, regular brief, intense strength training sessions, and occasional all-out sprints.

Save the Date!

IIMA Summer Camp: August 6-10, 2012







April 28th, 2012

San Diego Concourse



Attention Demo Team: Please update your e-mail contact at the front desk.

Upcoming Events

March
2 Black Belt Club 5-6pm, Academic Achievement night 6-8pm and Demo Team performance
3 Testing 12-2pm (Yellow-Blue) , Tournament Team training 12-2pm Deadline for Tournament Team Fees
11 Pacheco Tournament www.smaausa.com
15 Sensei Judy's Birthday
16 Demo Team 6-7pm and Sensei Jerry's Birthday
17 Black Belt Testing 9am-11pm, no Tournament Team Training, NO CLASSES
18 Black Belt Promotions Dinner 5pm, Pacheco Tournament www.smaausa.com
24 NO Tournament Team training, Bob White Invitational Karate Tournament in Huntington Beach
31 Advanced Belt Testing 12-5pm (Green-Brown/black) REQUIRED to maintain your belt if you are Green Belt or higher, Tournament Team Training 12-2pm, Advanced Belt Promotions Dinner 7pm
(purchase tickets at the front desk)

April
1 San Marcos Street Festival (Demo TBD) Staff Meeting (chief instructors only) at the Brown's 7pm
6 No Black Belt Club Class
7 Tournament Team Training 12-2pm, Testing (yellow-blue and KidFit after school kids) 12-2pm
KidFit sponsors San Marcos City Egg Hunt event
10 Sensei Michael's Birthday
11 Self Defense Seminar Ramona High School 2:30-4:30 and 5-7pm (free for students and parents)
14 Tournament Team Training 12-2pm
21 Tournament Team Training 12-2pm, Self-Defense Seminar at Valley Center High School 8-10am
25-27 Browns at BOOST After School Conference
28 CLOSED San Diego IMAC Grand Nationals Tournament
29 Staff Meeting (chief Instructors only) at the Browns 7pm

May—Moms train free for the month of May!
4 Black Belt Club and Demo Team
5 Testing 12-2, Tournament Team 12-2pm
6 Carlsbad Street Fair
9 Deadline to order 2012 World Team T-shirts and Uniforms
12 Tournament Team 12-2pm, FLOWERS FOR MOMS
16 Self-Defense Seminar Ramona High School
18 Demo Team
19 Self Defense Seminar Valley Center High School 8-10am FREE for VCHS students and parents
20 Escondido Street Fair (Demo TBD)
26 Tournament Team Training 12-2pm
28 CLOSED, Memorial Day
30 Staff Meeting (chief Instructors only) 8pm at IIMA

June: Dads train free for the month of June!
2 Tournament Team 12-2pm, Testing 12-2pm
4 Primal Blueprint seminar at IIMA 6:30-9:30pm to register and for more information go to www.primalblueprint.com $99
9 Tournament Team 12-2pm
15 Academic Achievement Night 6-8pm
16 World Team t-shirt and uniform distribution, Tournament Team 12-2pm, World Team parent meeting 1-2pm
21-22-23-23-25 CLOSED IMAC World Championships in Las Vegas

SAVE THE DATE!: IIMA SUMMER CAMP August 6-10th, 2012

*** Tournament Training February 4th-June 2012! Register at the front desk. Fee: $120 All are welcome to participate and compete (ages 3+) - mastery of a form is required. Bring a full gi uniform, running shoes and sparring gear. Deadline to enroll is March 3rd. All payments are due at this time. Please make checks payable to Keith Blackburn.**

***What do I need to bring to testing?: Clean, full uniform (gi top and pants), belt tied correctly with 5 stripes indicating qualification to test, test registration form with signatures from parents and teacher (both sides completed), sparring gear, test fees. Eat in advance, be well-rested and bring your best attitude! Please note: Advanced Belt Testing—required to maintain your belt if you are green belt and up—bring snacks, running shoes and waters—purchase tickets for promotions dinner. For Black Belt Testing: lunch and dinner will be provided, bring running shoes, change of t-shirts, snacks/waters—purchase tickets for promotions dinner.**

***Academic Achievement Night: to qualify you must have all A's and B's or equivalent. Bring a copy of your report card to the desk for evaluation.**

WWW.IIMAKARATE.COM

456 E. Mission Rd.
San Marcos, CA 92069
browns@iimakarate.com

Visit us on Facebook!



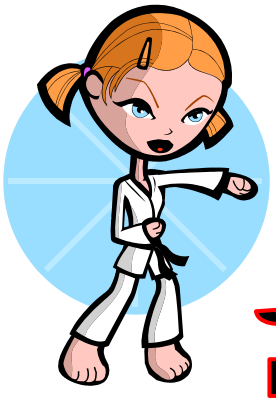
Party Packages for 10 guests ($10/additional guests)

$99: 1.5 hrs, karate class, games, room rental

$199: 2 hrs, karate class, games, room rental, staff supervisor/coordinator, cake, t-shirt for birthday child, 1 month free karate for each guest (non-members only)

$299: 2 hrs, karate class, games, room rental, staff supervisor for entire party, pizza, paper products, drinks, cake (samurai sword for cutting cake), t-shirt for birthday child, 2 months free karate for each guest (non-members only)

Add-on a giant inflatable bouncy for just $50!



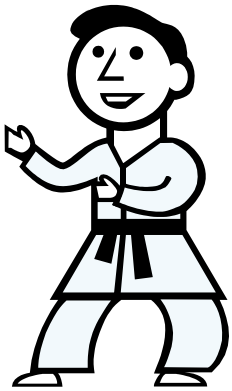
Congratulations

1st Degree Black Belts

Jaselynn Rodriguez
Brian Frulla
Anton Thuilliere

Junior Black Belt

Kamron Palizban
Timothy Chu



Black Belt/White Stripe

Shaun McLaughlin
Emily Plummer
Brittany Johnson
Rachel Hollenbeck
Vanessa Le