

# ROBINSON'S

# KARATE

8738 Watson Road (Rear) (Watson Auto Care Plaza) | Crestwood, MO 63119

**314.849.6660** | [www.robinsonskarate.com](http://www.robinsonskarate.com)

**4-Week Trial**  
**\$29.00**  
 (2 times per week)

## Karate for Pre-Schoolers Ages 4 & 5



Sign up for our non-competitive karate classes—**chop-chop!**

Give your child a *different* kind of education



**Focus, Discipline, Confidence & Respect**

**Ages 5 and older**

## We make exercise FUN!

**Adult Martial Art Students** have fun while they get in shape and learn valuable self-defense techniques. Come see how exercise can be FUN!

Are you tired of the same old boring exercise routine?



**WE MAKE EXERCISE FUN!**



TIME	Mon	Tues	Wed	Thur	Fri	Sat
9:15 a	Home Schoolers					KIDS
10:00 a						KIDS
10:45 a						TEENS/ADULTS
4:00 p				KIDS Sparring Club		
4:45 p	KIDS	KIDS	KIDS	KIDS	KIDS	
5:30 p	Pre-Schoolers Ages 4 & 5	KIDS	Pre-Schoolers Ages 4 & 5	KIDS	Pre-Schoolers Ages 4 & 5	
6:15 p	5th thru 8th Graders*	KIDS	5th thru 8th Graders*	KIDS	5th thru 8th Graders*	
7:00 p	Teens/Adults Sparring Club	TEENS/ADULTS		TEENS/ADULTS		

## REGULAR MONTHLY RATES 2 CLASSES WEEKLY

Individuals .....\$85  
 Family of 2 .....\$130  
 Family of 3 .....\$160  
 Each Add'l Family Member .....\$25

**Upgrade to 3 classes weekly  
 \$10 individuals / \$20 families**

## 2022 START DATES:

January 3  
 February 14  
 March 28  
 May 9  
 June 20  
 August 1  
 September 12  
 October 24



Become a fan of Robinson's Karate on Facebook.

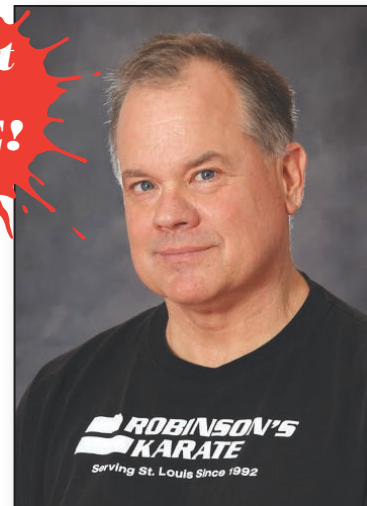
# Hire Steve Robinson for **PRIVATE LESSONS**

## See What a Difference They Make!

“My son was having a difficult time concentrating in the karate class setting. Steve recommended private lessons and wow what a difference they have made! The one-on-one attention has provided my son with the in-depth instruction that he needed. He’s made vast improvements in his technique, form and focus and I couldn’t be happier with these weekly sessions.”

— Michelle Orr

Try it  
for  
**FREE!**



**STEVE ROBINSON**

Call  
**314-849-6660**  
for details.

“Private lessons with Steve have perfected the small things in my martial arts progress, including: timing, hand position, balance and footwork. Working individually with Steve allows him to focus on my techniques and make important small adjustments that improve my overall mastery of the art.

Steve is also able to adapt to my changing schedule. I have a specific meeting time with him each week. However, Steve has always been understanding of my often changing schedule and periodic travel requirements. It is not unusual for me to have to change our set meeting time once a month.”

— Jay Rogers, Manager-Dealer & Sales Support Service  
Purina Animal Nutrition LLC

### PICK A TOPIC:

- **Street Defense for Women**
- **Traditional Martial Arts**
- **Self-Defense & Fitness**

**4-PACK**  
(One 30 Minute  
Weekly Session)

**PRIVATE  
LESSONS  
\$160**

**SEMI-PRIVATE  
LESSONS  
\$240**

“We went to Robinson’s for private karate lessons because our 8 year old son was dealing with ADHD—an inability to focus and low self confidence. Steve Robinson has been brilliant with our son and his teaching style perfectly combines and balances patience with sternness. never focusing on the negative and only on the positive, Mr. Robinson really understands how to motivate his young students. The end result has been remarkable. Our son has made huge strides in his ability to focus on the task at hand. He’s happier in general and loves karate.”

— Jason Franz, CRNA, Major, United States Army

“Steve is the best. In private lessons he gives me alternative approaches, taking as much time as I need to figure out how to make a move work best for me.”  
— Kellie Jones

**ROBINSON'S  
KARATE**

Serving St. Louis Since 1992

— **CANCELLATION POLICY** —  
Please call 6 hours in advance to avoid  
being charged for lesson.

# Bring Robinson's Karate to you with ON-LINE TRAINING!

**FREE** for students taking in-person classes! Regularly \$19.99 per month



Every Monday at 8:00am a new pre-recorded 20-minute mini-lesson will be released on our YouTube channel. It is designed to keep kids motivated and allows you to train as often as you like at your convenience! In addition, you will receive live ZOOM classes that will keep you up-to-date with each Workshop.

**HAVE FUN**

**EARN YOUR "KID-FRIENDLY" BLACK BELT ON-LINE**

**LEARN TO DEFEND YOURSELF**

**EXERCISES DESIGNED TO RELEASE ENERGY AND PROMOTE FITNESS**

## ZOOM SCHEDULE:

### Mondays

4:45p KIDS  
5:30p Pre-Schoolers  
Ages 4 & 5  
6:15p 5th thru 8th graders

### Saturdays

9:15a KIDS  
10:00a KIDS

## You Tube LESSONS

<https://www.youtube.com/channel/UCDBLbCyrGvIAPpJ57JIIEJQ>

### Group Zoom Code:

<https://zoom.us/j/4459180901?pwd=SkJCSXNsVFd4NDByUzNKWU-JybFVndz09>

or email

steve@robinsonskarate.com



## Our Place or Yours The \$138 Special Events

# STREET DEFENSE FOR WOMEN

**60 minutes**

Teaching What Matters!

### Topics Covered:

- Avoiding dangerous situations
- Stand-up Confrontations
- One-on-One Scenarios
- Ground Fighting
- Verbal Self-Defense
- Psychological Preparedness and...



**MUCH MORE!**

*Wear sweat pants and T-Shirt*

This event teaches important safety tips, how to deal with a bully, stranger-danger awareness and easy-to-learn self-defense moves.



**HAVE FUN**

**THE PERFECT BALANCE BETWEEN ENTERTAINMENT AND EDUCATION**

**LEARN TO DEFEND YOURSELF**

**REAL LIFE STORIES ABOUT CHILDREN PROTECTING THEMSELVES**

**30-40 minutes**

**KIDS LOVE IT...PARENTS ARE IMPRESSED...EDUCATORS RECOMMEND IT!**

## BIRTHDAY PARTIES

Let us edu-tain the kids with a 90 minute martial arts spectacular including high-flying kicks, secret punches and an impressive board breaking demonstration!

**PART I — KARATE CLASS (45 min.)**  
**PART II — THE PARTY (45 min.)**

**INCLUDES:**

- Invitations • Participation Certificates



**Call Steve at 314-849-6660 to book your event/party today!**



## Do you have 2 or more kids training?

If you have 2 or more children training at one of our satellite programs, they may come to the main location for a second class each week FREE of charge!

## Message for individuals interested in upgrading your program.

Come to the studio for an additional weekly training session...only \$15 extra per month. Meet our professional instructors, make new friends and gain an edge while training in a real dojo.

**Are you interested?  
Call Steve at 314-849-6660 today!**

## LOCATIONS

1. St. Michael the Archangel.....Mon.
2. Hopemark Preschool.....Mon & Fri
3. DeLaSalle Middle School.....Varies
4. St. Gabriel the Archangel.....Tues., Wed.
5. New City School.....Tues., Thurs.
6. St. Justin the Martyr.....Thurs.
7. St. Raphael the Archangel.....Fri.

## MAKE-UP LESSONS FOR STUDENTS WHO TRAIN AT A SATELLITE LOCATION

### PRE-SCHOOLERS

Monday, Wednesday & Friday  
5:30 pm

### KIDS

Monday thru Friday  
4:45 pm  
Tuesday & Thursday  
5:30 & 6:15 pm  
Saturday  
9:15 & 10 am

**CLASSES CONDUCTED AT MAIN LOCATION  
by appointment only!**

## MAIN LOCATION ONLY CALENDAR

January 2022							February 2022							March 2022							April 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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9	10	11	12	13	14	15	13	14	15	16	17	18	19	13	14	15	16	17	18	19	10	11	12	13	14	15	16
16	17	18	19	20	21	22	20	21	22	23	24	25	26	20	21	22	23	24	25	26	17	18	19	20	21	22	23
23	24	25	26	27	28	29	27	28						27	28	29	30	31			24	25	26	27	28	29	30
30	31																										

May 2022							June 2022							July 2022							August 2022							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	
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8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13	
15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20	
22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27	
29	30	31					26	27	28	29	30			24	25	26	27	28	29	30	28	29	30	31				
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September 2022							October 2022							November 2022							December 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10
11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17
18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
25	26	27	28	29	30		23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31
							30	31																			

  Test Week    
   Workshop Start Date  
 All Group Payments are Due the 1st of each month. A \$10 Late Fee is applied if paid after the 7th of the month.

## CANCELLATION POLICY

In order to avoid payment of the next month's dues, you must cancel your membership in writing by the FIRST of the previous month. Cancellation policy doesn't apply to first month trial program.

## STUDIO CLOSED:

- 5/30/22..... Memorial Day
- 7/4/22..... Independence Day
- 9/5/21..... Labor Day
- 10/31/22..... Halloween
- 11/24/22..... Thanksgiving
- 12/24, 12/25 & 12/26. . Christmas
- 12/31/22..... New Year's Eve



**STEVE ROBINSON**  
Senior Instructor



**KEVIN COCHRAN**  
Instructor



**SAM CATANZARO**  
Instructor



**RICH GREEN**  
Instructor



**PATRICK MALONEY, Ph.D.**  
Licensed Psychologist  
Program Consultant



**RHONDA LOFGREN**  
Certified Fitness Trainer  
Fitness Consultant  
rhondafitness@yahoo.com