



Schedule of Events

- March 6 PA Golden Gloves
Lancaster, PA
Fights @ 7:00 pm
- March 13 BBC @ 10:00 am
- March 13 Leadership @ 11:00 am
- March 13 PA Golden Gloves
Allentown, PA
Fights @ 7:00 pm
- March 18 Leadership @ 8:00 pm
- March 19 UCC 1
Jersey City, NJ
MMA Fights @ 7:30 pm
- March 20 Grapplers Quest
Caldwell, NJ
Teens @ 9:00 am
Adults @ 12:30 pm
- March 20 PA Golden Gloves
York, PA
Fights @ 7:00 pm
- March 20 First State Fights
Dover, DE
MMA Fights @ 7:30 pm
- March 21 Ganster Championships
Reading, PA
Tournament @ 11:00am
- March 22 Leadership @ 5:00 pm
- March 26 **Iron Pigs
Ticket Money Due**
- March 27 Closed Except Yoga
- March 27 O.I.K.K.A. Tournament
Dover, DE
Tournament @ 10:00am
- March 27 PA Golden Gloves
Palo Alto, PA
Fights @ 7:00 pm

Happy Birthday

Lauren H. Nile L.

Monthly Brainteaser

Use the letters in "Saint Patrick's Day" to make other words with 4 or more letters. Student with the most words by March 26 wins a prize.

Answer to February's Brainteaser: gloves

First State Fights

On Saturday, March 20, 2010, Sibling Rivalry Promotions presents First State Fights "Hostile Intentions" at Del-State University Memorial Hall in Dover, Delaware. Coach Rodney Guignet and Team Hammer Fighter Jeff Morber are scheduled to fight in this amateur MMA event. Jeff Morber will be fighting for a title belt in the main event. Doors open at 6:00 pm and fights are scheduled to start at 7:30 pm.

Tickets for the event are available at LVIRK Training Center for \$20 - \$50. See Leanne or Coach Rodney for tickets. Tickets will also be available on the day of the event at the door for an additional \$10. For more information, visit www.firststatefights.com.

Everyone is encouraged to come and support Coach Rodney and Jeff Morber.

Date: Saturday, March 20, 2010

Time: Doors open at 6:00 pm; Fights start at 7:30 pm

Location: Del-State University, Memorial Hall, 1200 N. DuPont Hwy, Dover, DE 19901

Tickets: *General Admission:* \$20 at LVIRK / \$30 at door

Floor Seating: \$40 at LVIRK / \$50 at door

Cage Seating: \$50 at LVIRK / \$60 at door

O.I.K.K.A. Tournament

The 6th Annual Isshinryu O.I.K.K.A. Friendship Tournament is being held on Saturday, March 27, 2010 at Dover High School in Dover, Delaware. All students are strongly encouraged to attend, since this tournament is a great opportunity for students of **all ranks** to compete in a traditional tournament. See Sensei Becky for a registration form.

Pre-registration is \$50 and covers all events if postmarked by March 20, 2010. Registration at the door is \$65 for all events.

Competitors will compete in the reverse order that they register - first competitor to register will be the last to compete in kata and weapons divisions. For more information, visit <http://www.oikka.com/?page=featured-event>.

Date: Saturday, March 27, 2010

Time: 8:00 am Registration Opens

9:30 am Black Belt Meeting

10:00 am Weapons Competition followed by Kata and Sparring

Location: Dover High School, 1 Pat Lynn Drive, Dover, DE 19904

Registration: \$50.00 all events (pre-registration by March 20, 2010)

\$65.00 all events (at the door)

Spectators: \$5.00 (under 5 free)

Equipment: Traditional (White) Gi

Mouth guard, hand gear, footgear and headgear

Groin protection for males

Lehigh Valley IRON PIGS

LVIRK Training Center has been invited to perform a Karate demonstration in the 2010 Martial Arts Night at the Lehigh Valley Iron Pigs game on Monday, May 3, 2010. We have 110 tickets reserved for our group and have already sold over 95 tickets. If you need tickets, please sign up in the lobby as soon as possible. Tickets are \$9.00 each for field level seats and include a \$2.00 added value coupon redeemable for food, drinks, or souvenirs. Money for the tickets is due by Friday, March 26, 2010.

The person who sells the most tickets will throw the ceremonial first pitch. Sensei Becky is in the lead with 16 tickets. Invite your friends and family to come and watch our demonstration and the Iron Pigs game!

Student of the Month

Jarrett H. has only been attending karate classes for a few months, but he is quick to learn the techniques taught during class. He is confident in his abilities and Sensei Becky is very proud that he has chosen to compete in the upcoming O.I.K.K.A. Tournament in the kata and sparring divisions. Congratulations and Good Luck Jarrett!

Hammer Fit—New Fitness MMA Class

LVIRK Training Center is introducing a new fitness MMA class called Hammer Fit, which is a new energized, conditioning class for the hard core MMA fighter or the average person who wants to get in shape.

Hammer Fit uses conditioning techniques from Mixed Martial Arts, agility training, speed training, and core training. This class focuses on aerobic and anaerobic exercises to increase your strength, agility, speed, and endurance. Hammer Fit will condition every part of your body to get you in the best shape of your life.

Hammer Fit is open to men and women ages 16 and up. Students can go at their own pace in the class so beginners as well as elite athletes are welcome to attend.

Hammer Fit classes are held on Mondays, Wednesdays, and Fridays at 7:00 pm – 8:00 pm.

Schedule Changes

LVIRK Training Center will be adding some new classes and changing the times of some classes as listed below.

Boxing Class Schedule

Monday, Wednesday, & Friday	7:00 pm – 8:00 pm
Tuesday & Thursday	6:00 pm – 7:00 pm
Tuesday & Thursday	8:00 pm – 9:00 pm

MMA Class Schedule

Monday & Wednesday – Striking	5:30 pm – 7:00 pm
Tuesday & Thursday	10:00 am – 11:30 am
Tuesday & Thursday – Grappling	5:30 pm – 7:00 pm
Tuesday & Thursday	7:00 pm – 8:30 pm
Friday – Sparring	5:30 pm – 7:00 pm

Hammer Fit - Fitness MMA Class Schedule

Monday, Wednesday, & Friday	7:00 pm – 8:00 pm
-----------------------------	-------------------

Yoga Class Schedule

Monday	4:30 pm – 6:00 pm
Wednesday	5:30 pm – 7:00 pm
Saturday	9:00 am – 10:30 am

Inclement Weather

In the case of bad weather, we will post any closings or class cancellations on the event calendar on www.lvirk.com and we will attempt to notify everyone via email and/or text message. Please see Leanne to update your contact information.

Attention Please

Please put gear, bags, shoes, & coats in the racks provided, even if you need to share with someone else. Please remember to remove your shoes before entering the red matted areas to keep salt and stones off the mats.

2010 Relay For Life - Whitehall

The American Cancer Society Relay For Life is a life-changing event that gives everyone in communities across the globe a chance to celebrate the lives of people who have battled cancer, remember loved ones lost, and fight back against the disease. At Relay, teams of people camp out at a local high school, park, or fairground and take turns walking or running around a track or path. Each team is asked to have a representative on the track at all times during the event. Because cancer never sleeps, Relays are overnight events up to 24 hours in length.

This year Sensei Becky is attempting to form a team in memory of some close family members that battled cancer. Anyone interested in joining the team can sign up in the lobby. Friends, families, neighbors, and classmates are all welcome to join our team.

The only requirement to participate in Relay For Life is a \$10 registration/commitment fee (per person) that is due upon registration. After that, anything you can raise through individual or online fundraising is graciously accepted. It is recommended that each participant set a personal goal to raise \$100. If you raise more, that's even better. Even if you do not raise \$100, you are still welcome to participate.

Date:	June 25 & 26, 2010
Time:	Noon - Noon
Location:	Whitehall High School, Whitehall, PA
Cost:	\$10 per person

Please come out and support this worthy cause with us!

LVIRK Web Site—New Features

LVIRK Training Center has added even more new features on our website www.lvirk.com. We have added a link at the bottom left of each page to our YouTube page for easy access to LVIRK videos.

We have also added profiles of our Leadership Team under Isshin Ryu Karate. More new features are to come so keep checking back.

37th Ganster Karate Championships

The 37th annual Ganster Karate Championships will be held at Antietam High School in Reading, PA on March 21, 2010. Registration begins at 8:30 am and the tournament starts promptly at 11:00 am. See Sensei Becky for more details.

Date:	Sunday, March 21, 2010
Time:	8:30 am Registration 11:00 am Tournament Begins
Location:	Antietam High School, Reading, PA
Registration:	\$35.00 for ALL events
Spectators:	\$5.00 for all ages (under 3 free)
Equipment:	Mouth guard, hand gear, footgear, & headgear Groin protection for males

Trojan MMA

On Saturday, February 27, 2010, Team Hammer's John Doyle fought Chris Rice in the Trojan MMA event Trojan Warfare in Exeter, UK. At the end of the third round, Chris Rice defeated John Doyle by decision.

John is scheduled to fight at UCC 1: Merciless on Friday, March 19, 2010 at the Jersey City Armory in Jersey City, NJ.