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# SAFETY FIRST

PERSONAL PROTECTION STRATEGIES

A Non Profit Corporation

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## Allen Wheeler Named New Head Instructor

Allen Wheeler has been named the new Head Instructor at Safety First. Allen brings over 20 years of experience to the position. He currently holds a Nidan (second degree black belt) in Isshinryu Karate.

Allen joined Safety First as an instructor and was promoted to Head Instructor at Safety First. He specializes in Isshinryu karate and reality based training to children and adults.



## New Student Belt Promotions

**Congratulations** to the following students on gaining their belt promotions:

- Shemaiah Walker Justice – Yellow Belt
- Cliff Quisenberry – Purple Belt
- Nicolas Adonis – Yellow Belt
- Ethon Mannaa – Purple Belt
- Manola Secaira – Yellow Belt

## Courage Quest Next Month

**As a reminder**, the next Courage Quest is scheduled for March 21, 2009. We still have a limited number of spaces available for the upcoming class.

If you know of anyone who can benefit from this program, please encourage them to attend.

For more on Courage Quest, visit the following link: <http://www.safetyfirstpps.org/courage-quest.php>

## Isshinryu Karate Fall Kata Tournament

Don't forget to attend the Isshinryu Karate Fall Kata Tournament at the Fruitland Grange, 11102 86<sup>th</sup> Ave. E Puyallup, WA. Registration begins at 8:00 a.m. The event begins at 10:00 a.m.

For those who would like to participate, the cost is \$15 for the first event and \$5 for additional events. Teams will be \$5 per person and spectators cost will be \$3 per person.

## Program Spotlight Modern Arnis

Our featured program this month is Modern Arnis. Modern Arnis is the system of Filipino martial arts founded by the late Remy Presas Sr. as a self-defense system. His goal was to create an injury-free training method as well as an effective self-defense system in order to preserve the older Arnis systems.



Safety First offers Modern Arnis twice a week on Tuesdays and Thursdays from 7:00 p.m. to 8:30 p.m. The class is taught by certified Black Belt instructor Chris Arena and associate instructors Ginny Smethers and Brandon Kortenbach. Modern Arnis is a great way to keep fit while learning a valuable skill. For more information and to sign up for Modern Arnis, please call (253)238-6556 or email [ginny@safetyfirstpps.org](mailto:ginny@safetyfirstpps.org).

To view a video about Modern Arnis, visit this link: <http://www.safetyfirstpps.org/martial-arts-modern-arnis.php>.