

February 2016

Strikeback Dynamic Self Defense

www.strikebackdds.com

Congratulations!



Congratulations to new Black Belts

Sensei Peter Parlow, Sensei Mitchel Francoeur

Second row: Sensei Eric, Sensei Donna, Sensei Greg, Sensei Martin, Sensei Lisa, Shihan Bill, Sensei Colton

Back row: Sensei Kristine, Sensei Dave

Student of the Month: Deb Doyon



"Changing your body to be healthy is not easy. Being consistent with your exercise helps you when your diet isn't always perfect. ". I've been going to Strikeback since 2007. I started there because I was doing an exercise program that was not challenging so I needed to try something different. And I am NEVER bored with the workouts in kickboxing. From hitting the focus mitts and heavy bags - to spot training both large and small muscle groups - every class is different! Sensei Lisa and Shihan Bill have helped me tremendously with my fitness

goals. This year's goal is a half marathon.... And I can't wait!!!!

**Congratulations on being
chosen Student of the Month!**

Special points of interest:

BAG BOOT CAMP
Friday's 6:30 p.m.

Strikeback Kickboxing Class at Reebok
Wednesday, February 10th, 9:00 a.m.

SEMINAR
Thursday, March 3rd
Kyoshi Dave
\$35 Pre-registration
\$40 the night of the seminar

Testing
Adult, March 15th—Youth, March 16th

Movie Night
Saturday, March 19th

Coming in April
Bring a Buddy

**Check out Dojo message boards for
upcoming events!**

Stepping Stones

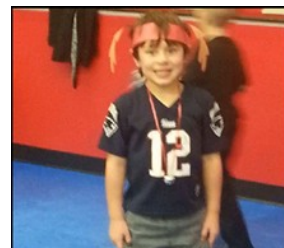
You're as happy as you make up
your mind to be

Sensei Donna Parent 2nd Dan

**Now accepting
VISA & Mastercard**



Taking some time to talk to Santa



AGE IS JUST AN
EXCUSE!!

FITNESS
IS FOR
EVERY-
ONE!



RESULTS FROM PERSONAL TRAINING!
RESULTS YOU CAN ACHIEVE!



Catch Shihan Bill and Sensei Lisa on the “Morning Workout”
Channel 22 in Merrimack, NH
at 6:00 am, 8:30 am, 6:00 pm and 8:30 pm
Monday through Friday

Kids Korner

Squigly's Secret Code

Directions:

Each letter has a symbol, to decipher the answer to Squigly's secret code just print the letter on the line given. that does with the symbol. Good Luck.

A	B	C	D	E	F	G	H	I	J	K	L	M
..	:	"	::	=.	./	./.	<	>	/	{ }	=	^>
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
*.	:]	()	\	<^	<>	\.	::	..	""	*	^*	...

() = .. ^* > *. ./ <> () :] <^). <>

> <> .. *. =. * "" =. = = =. *.).

"" .. ^*). :] < .. :: =. ./ :: *. .. *. ..

<>). .. ^* ./ >).



Playing sports is an excellent way to have fun

Birthday Parties Available!

See Shihan Bill for details.

**Market America Health & Cleaning Products
Available!**

<https://www.shop.com/strikeback>

See Shihan Bill for details.

**Purchase merchandise through Strikeback
& Receive a discount!**

