

## 20 Years Serving the Howard-Suamico Community

Whitney's Karate America is excited to be celebrating their 20<sup>th</sup> year in business in the Howard-Suamico community and Howard-Suamico Business Professional Association! Owned by Master Jeffrey and Mrs. Dyan Whitney, their business first started in 1994 in the former Village Mall on Tulip Lane. In 2006, they purchased a building in the Howard business park and transformed it into a professional karate dojo. This new facility allows them to offer fun indoor and outdoor activities, including graduations, birthday parties, bonfires, cookouts, and picnics.

Whitney's Karate America is dedicated to providing the highest quality of martial arts training and has a comprehensive program that meets the needs of all types of learners. From beginners to Black Belts; four year olds to adults – there is something for everyone. Whitney's Karate America also offers self-defense seminars, cardio kickboxing classes, summer school programs as well as onsite and offsite workshops and field trips.

Although their school honors martial arts traditions that go back for centuries, they are also dynamic and innovative with new and improved techniques. Their curriculum incorporates the best of various martial arts, including kyoshu jitsu (pressure point attack), small-circle jujitsu, sparring, grappling, in-close self defense and weapons. They believe one discipline in martial arts is not as effective as a multi-disciplinary approach.

More importantly, Whitney's Karate America is an educational facility that is a leader in character development and life skills. As a school they proactively enhance children's learning experiences socially, cognitively as well as physically. They are honored to be a partner with internationally acclaimed Child and Adolescent Development Specialist, Robyn J. A. Silverman, PhD. Dr. Robyn provides a multitude of resources to the families in their school. Through her program, Powerful Words, students are invited to discover and reflect on ways to become upstanding members of the community as well as confident individuals in their own right.

Students from Whitney's Karate America are also extremely proud to be active contributors to society. In past years they have raised thousands of dollars for various charities including: the Howard-Suamico Education Foundation, Howard-Suamico Giving Tree, and MDA (Muscular Dystrophy Association.) Each of these charities focus on helping children in our community. They do this through a program created by Master Whitney titled KIDS BREAK. Students collect pledges from friends and family for breaking boards... a challenge for many students. How many can they break? What size board? What technique will they use to break the board--- hand, fist, foot? After the thrill of breaking the boards is over, students receive the satisfaction of donating the money to charitable causes that directly have an impact on children: Kids helping kids.

To celebrate their 20<sup>th</sup> year in business, Whitney's Karate America will be hosting an Open House and KIDS BREAK fundraiser on Friday, September 19<sup>th</sup> from 5:30-7:30 pm. The money raised will be donated to Riah's Rainbow, a local organization assisting families of children with cancer. For more information about the school or this special fundraising event, please contact Master or Mrs. Whitney at [www.whitneyskarateamerica.com](http://www.whitneyskarateamerica.com) or by calling (920) 621-1970.