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FOR IMMEDIATE RELEASE

### **THREE YEARS AND STILL KICKING**

GARNER, North Carolina (March 1, 2010) – Even in a down economy with everything from mom-and-pop shops to big box stores closing their doors, JKO Karate in Garner is celebrating their three year anniversary – and still growing.

“There are a number of factors that have contributed to our success so far,” says Ed Craft, owner and senior instructor at the club. “But the biggest contributor and most important aspect is the local community. Without the great students we have, we’d be another negative statistic. The majority of our student base is centered here in Garner.” Craft says the club also has members from Clayton, Fuquay Varina Holly Springs and Raleigh. “The fact that some of our students drive a half hour or more to train with us says a lot and is really quite humbling,” he adds.

“People get it,” says Holly Springs resident and new JKO black belt Tim Wewer. “I’ve trained in a lot of clubs. People that visit the club can see the authenticity, traditional nature and practicality of what’s being taught. Kids are learning core values like discipline, self-esteem and responsibility. Adults are getting a work out, learning sensible self-defense and relieving stress,” he shares.

“Moving forward, our future looks bright,” senior sword instructor Henry Norris says. He mentions that not only has the club joined the Garner Chamber of Commerce, but is adding two new programs that complement their traditional curriculum. “The batto [cutting with a sword] classes are going to be a lot of fun. While our women’s self-defense classes will also be fun, they’ll give women practical defenses that they can actually remember and implement,” he relates.

JKO Karate will commemorate their third anniversary this weekend on Saturday, March 6<sup>th</sup> with free karate and women’s self-defense classes as well as give-aways from other favorite local businesses and specials. For more information, contact the club at 919-521-4438 or [www.jkogarner.com](http://www.jkogarner.com).