

# Everson's Karate

"FUTURE LEADERS LEARN HERE"

"80 Ways  
Everson's Karate  
Can Motivate, Educate &  
Inspire You To Become  
Tomorrow Leaders"

...As Told By Our Students & Parents



Compiled & Edited By  
Dusty Everson, Master Instructor

## “Discover” What Your Neighbors Have Already Found Out!

Martial Arts has been helping family just like yours, with great success, and as you read on, you will begin to understand how the Martial Arts has benefited many families’ just like yours!

Dear Friend,

My name is Dusty Everson; my school, **Everson’s Karate** has successfully help many families just like you’re in the Robbinsville, area for over 20 years, along with my partners Donna Williams and Christina Everson; our goal is to enhance the lives of adults and children, **UNLOCKING YOUR TRUE POTENTIAL**. Almost every day I hear great stories from student and parents about how they benefited from Everson’s Karate program. It’s amazing to me that after teaching 1000 of students both children and adults, that I continue to hear new and better results.

### **Everson’s Karate Has Helped Many Adults and Children to Unlock Their True Potential By!**

#### **Teaching You to Always Thinking Positive Thoughts!**

If you want to be successful person, be a positive thinker. Do your best to eliminate negative thoughts from your mind and find the good in every situation. Negative thinking will hold you back from reaching your goals and being a healthy, happy and productive person. Look at virtually any highly successful person and you will quickly notice that they are a positive thinker. The evidence is all around you. See the pattern?

#### **Teaching You to Constantly Feed Their Brain!**

Your success will only grow to the level that you do. Always is learning as much as you can from highly successful people, in and out of your four walls. The more you learn, the better the school grades, you will earn more financial freedom and the better leader you will become.

#### **Teaching You to Believe in Their self!**

Enter every situation with victory mindset and the intent to succeed. You must erase any self-doubt, fear and uncertainty from your psyche. Focus not on what you fear, but on where you want to go. You’ll create self-fulfilling prophecies; the kind that leads to success. If you don’t believe in yourself, then people around you won’t either, and you’ll never build the life of your dreams.

**Teaching You to Surround Their Self with Winners!**

If you want to feel and think negatively, then spend time with negative people. They'll be sure to grab you by the ankles and pull you down to their level at every opportunity. On the other hand, success breeds success. The more you associate with winners, the more you'll start to think and act like one.

**Teaching You to Think Big, Not Small!**

Someone once said if you aim your arrow at a star, then you might hit the moon, but if you aim your arrow at the moon, then you might only hit an eagle. It's true. That's why highly successful people think big. On the other hand, I've found that struggling people typically think small. They're happy to just get by. So, usually, that's the level they achieve...mediocre results. Don't you want and deserve better than that for yourself and your family?

Typically, I do not speak in absolutes; but in this case I will. Unless you develop the right mindset, you will never become highly successful in life. You cannot think like a loser and expect to be a winner. Having the right mindset is a prerequisite for success

**Don't Take My Word For It Read And  
Enjoying What Other Students And  
Family Members Have To Say!**

**WHAT'S YOUR GOALS?**

## **IMPROVING MY DAUGHTER'S LIFE**

Dear Masters Everson, Williams, and Christina,

I write this testimonial to you with tears in my eyes. You see, when Alexandra started taking Karate, she was just 5 years old and suffering from separation anxiety terribly. Everything she did, she questioned, second-guessed herself and agonized over. She cried every time she had to leave me, do something new, or be in unfamiliar surroundings. That was until she started coming to Everson's Karate.

The confidence Alexandra has now is so dramatically different from then, that sometimes it still amazes me. She sometimes still has bouts of anxiety outside the dojo, however, once she steps onto that mat, she turns into a whole different person. Alexandra has always had a strong will and determination but Everson's has definitely fostered that aspect of her personality by encouraging her to set goals and then to achieve them. In addition to training at karate, she now runs on the treadmill or in the park on weekends, she does push-ups and sit-ups just to "get better at it" and practices that 9<sup>th</sup> Kata just because she "keeps messing up on one part"!! She has learned the importance of respect, perseverance, and most importantly, integrity. Alexandra will look you in the eye and tell you the truth, (even if she knows she will be punished for it), because she learned that it is important to have the integrity to own up to her mistakes and learn from them. I am glad Alexandra is learning how to defend herself, but for me, what you helped her achieve packs a bigger punch than what any hook could deliver!

Thank you,  
Dawn Tringali, Mother  
Hamilton NJ

## **PERSONAL GROWTH**

Master Everson, Master Williams and Master Christina,  
What news!!! Jess got accepted yesterday at The Peddie School. She is thrilled! I just wanted you all to know what an important part of Jessie's life you all have been. She started at Everson's when she was 6 and has grown into a bright, confident young woman that I can credit her time with you as a big part of her growth.

Sincerely,  
Mary Ann Cook  
Robbinsville NJ

### **BENEFITS FOR HOME**

Everson's Karate echoes what we teach at home. It is very helpful when trusted and respected instructors reinforce what we are saying and doing at home.

David & Barbara Anderson  
Robbinsville, NJ

### **PROUD MOM**

My 4 year old son tested for his first belt yesterday and I have never been prouder. I was amazed at how much he had learned in just 4 weeks. He has learned so much in such a short time. It was something that neither one of us will ever forget.

Thank you  
Erika Kraemer, proud parent  
Hamilton, NJ

### **ENRICHING OUR CHILDREN LIVES**

When we signed our children up for karate classes, we knew that they would learn self-defense and get great exercise. We've come to learn that karate offers so much more than that. It also develops their confidence and discipline. It promotes goal setting, respect, and pride in what they've accomplished. These are important life skills for them to know. Both of our children are dedicated to earning their black belts in the future, and we believe that they have the desire and discipline necessary to make that happen. It is good to know that karate has helped enrich our children in all aspects of their lives.

Sincerely,  
Tom & Lisa Krosnowski  
Allentown, NJ

### **EXTRAORDINARY CONFIDENCE**

I have benefited from karate in many ways. I have had an increase in mental ability, and know the differences between what to do in a confrontation with a bully or a stranger. In addition, through training with Everson's Karate it has taken me discipline, desire, and dedication to reach my rank. Another way, I have benefited from karate is in physical ability. But, one of the most important ways that I have benefited is having an extraordinary self-confidence boost.

Tyler Gravatt, Age 12 Black Belt  
Allentown, NJ

## **DETERMINATION**

Masters of Everson's Karate,

Since Richie Rosall has joined your karate school his goal was to be in the "Black Belt Club." Well, Richie has reached this goal that he set for himself in April of this year. Richie is a very child he has AD/HD and other delays in his life. His therapist have made comments that Richie is showing improvement since he started with his karate. We are very happy to say that we think that it the caring staff that you have at Everson's Karate is one of the reasons for this improvements in him. Richie, had a hard time getting one of stripes off this time but your staff didn't give up hope on Richie. With a lot of practice and a wonderful DVD that was giving to us and help from one of Richie's friends Matt who is also a same belt of Richie. Richie reached deep down inside of himself and DID IT!!!! This shows that the staff cares in the students a lot to reach their goals. In school this year Richie has made the honor roll two of the four making period which is a big deal in our house. Your school has been a good for him in school self-control. Richie is off to middle school this fall and he wants to be in computer club and is worried that it will take away from his karate time. This will be another challenge for him to over some and reach. Richie will also be doing the Tournament of Champions this Friday which is a branch of the special Olympics. Your karate training has come into this also with discipline to try new things. You have a wonderful and caring staff and friendly also,

Future Black Belt Goal Reacher Mom,

Terri Rosall  
Robbinsville, NJ

## **GOALS**

The martial arts have also reinforced values, which we find important for our son's development. Among these are dedication, perseverance, self-discipline and self-reliance. Mark has demonstrated dedication, to stick to a goal until you reach it. He understands perseverance, that most goals worth accomplishing require hard work. He has developed the self-discipline and self-reliance to achieve his scholastic and personal goals. We would like to thank the staff at Everson's for helping Mark along his black belt journey. We look forward to continued success with the Everson's program.

Sincerely,  
Mark and Lynn DiPaola  
Hamilton, NJ

## **ACCOMPLISHMENT AND PRIDE**

"Look Mom, that's where I can take karate." My five year old son recognized the word "karate" because he took a small class at another school before we moved to Cream Ridge. We went in, met Master Everson, enrolled in the school, and the rest is history. That was thirteen years ago. He went on to become a black belt a few short years later, but not without a few ups and downs along the way. He played baseball and soccer with busy practice schedules that made it sometimes difficult to attend class three or four times a week. Sometimes he just didn't want to go to class at all. Sometimes I didn't want to go either! But there was something to be said about the sense of accomplishment and pride I would see every time he was promoted to another level, a new belt, a stripe removed, a compliment from Master Everson or Master Williams. If you are reading this, you already know about all the benefits karate has bestowed on your children or on you. My son and daughter both learned that you don't always win, you have to work for what you want, you have to set an example for others. These are valuable lessons they have taken with them as they have grown into young adults. I credit Master Everson, Master Williams and Master Christina for being available, patient, caring instructors who always look to bring out the best in their students. They motivate me to come to kickboxing class every week because it is a great workout. These qualities have never changed ever since I met all of them and I consider them my friends. Now my third child is a Tiny Tiger. Get ready for another thirteen years!

Jean Margadonna  
Allentown, NJ

## **VALUES**

I must say I am very impressed with your karate program. I had looked at another program, and your school was top notch by comparison. As soon as I walked through the door, Master Dusty Everson made both me and my son, Sean, feel very welcomed. I was looking for a program that reinforced the values and lessons taught at home and school. My husband and I also wanted to find a way to help our son to focus, to channel his energy, and to develop his social skills. With the help of Everson's Karate, he has been able to accomplish these goals and so much more. Sean has come a long way since his first day. He looks forward to karate and practicing at home with his dad. He has become an enthusiastic participant in class. My husband and I are happy to see his progress in and out of his karate classes. At Everson's, you not only learn karate and its values, but you also get the love, passion, and patience provided by the instructors as well as lessons that will last a lifetime. I was so amazed by your program, that I am willing to drive a distance just to be a part of it. Thank you for all that you do for the community, your karate family, and for our son Sean.

Judy and Rob Kelly, New Egypt NJ

## **FAMILY ATMOSPHERE**

Everson's Karate Institute, Nick is consistently exposed to a quality martial arts program with instructors and fellow students who personify discipline, desire, dedication, character development and integrity. Your instructors are professional, personable, and caring – great role models for the students. Program rotation and exercise diversity keep the students interested and progressing; while the leadership and achievement programs keep the students challenged, focused and on the “right track”. Your school offers so much more than the “benefits inherent in martial arts” that we were originally looking for. The family atmosphere of Everson's Karate Institute is prevalent amongst the instructors, students and parents in the waiting room and extends beyond the school into other community and academic environments. As proud parents of one of your students, we want to thank you and applaud you for your outstanding instruction and your dedication to providing personalized, caring attention to each student as your quality program continues to grow and evolve. Best regards always,

Dave and Barb Anderson  
Robbinsville, NJ

### **They say it takes a village to raise a child. We believe it has taken Everson's Karate to help us raise our four children.**

Our twins, Michael and Christopher, along with their older sister Ashley, began studying under your leadership over ten years ago and received their black belts on June 21, 2003. Since that time, our youngest daughter, Courtney joined and is currently a member of the Leadership Team. As parents, we loved watching them set and achieve their goals and grow in their love of the martial arts. We, too, decided to join. As their father, I received my black belt on February 18, 2006 and became the fourth family member to achieve the goal of black belt. Studying the martial arts has been a wonderful journey that we have experienced as a family. To date, we have four black belts in our household with two in the making. We clearly see the picture in our mind of our entire family, mother, father and all four children as black belts. Four down and two to go! We have all received so much from you, our leaders. You have taught us discipline, dedication, perseverance, loyalty, compassion, generosity, and determination. You have believed in all of us even when we doubted ourselves. You have given our family more than you will ever know. Our children are confident, respectful, compassionate and loving individuals. They have developed and refined the skills to defend themselves and others, if necessary. One of the best decisions we have made as parents was to enroll our family at Everson's Karate and we highly recommend it to other parents who want to equip their children with positive skills that will last a lifetime.

Sincerely,  
Connie and Bob Silakoski  
Yardville, NJ

## **GIVING BACK**

I was very excited to have Master Dusty Everson come to visit our school. He exceeded any expectations I had as he played the role of physical education teacher for a day. From his first presentation to his last, he was motivational, interesting and enthusiastic throughout his time with the students. He proved to have a high level of expertise in a number of areas, including character education. Master Dusty Everson is an impressive individual who teaches essential life skills: confidence, respect, self-discipline and goal setting. It was a pleasure to have him visit our school, and the students and I look forward to seeing him next year!

Christine Kean  
Athletic Director  
Health/P.E. Teacher  
Cambridge School  
Pennington, N.J.

## **DETERMINATION**

Our little 5 year old girl suffers with mild/moderate Spastic Diplegic Cerebral Palsy. She wears braces daily. She also receives much therapy. We decided to enroll her after meeting Master Dusty and being invited to give it a try. We are so glad we did. We were immediately impressed with how she was welcomed by the staff and other students. Though she had some difficulty "keeping up" at first, everyone was very patient and understanding with her. While allowing her to be independent, I am always assured that they are observing her with care. Since enrolling, we have seen much improvement with her balance and co-ordination, which is a problem from tight muscles that occur with her type of CP. She has always been very social so this is a chance for her to participate in what I like to refer to as "non institutional therapy". Thank you so much Master Everson, Master Williams and Master Christina. You are making a huge difference in the lives of so many children ... especially Ronni Lee

Jeannie Rosina  
Hamilton, NJ

## **A BIG THANK YOU**

Here a thank you I've been dieing to give. It's been too long but never have I forgotten what Everson's has taught me. Currently I am in my Junior year of Nottingham High School and life is great. I boast a 4.1 gpa with everything going perfect and I owe some of it to yours. The patience, the work ethic, the knowledge I brought away from Everson's will never leave my soul, the fighter will never quit. "Winners never quit, quitters never win, I choose to be a winner!"

Thank you,  
Steven DeBonis

## **DREAMS**

I have learned many things in karate since I started Everson's almost ten years ago. I have learned how to have self discipline, focus my mind and learn to do the best I could. In my earlier years of karate master Everson, Master Christina, and Master Williams have helped me through katas, sparring, and grappling. Now as I am older they help me with katas, sparring, kickboxing, self defense, and the other goals I need to succeed in karate. Ever since I was little getting a black belt was my goal and now I am further to that goal. One of the best benefits of karate is that I now know how to defend myself. My favorite thing about karate is that when I'm here I can get the help I need to do better on my way to becoming a black belt. I plan on after getting my black belt to come and help out in anyway that I can. I could never imagine not going to Everson's; I have been going so long it's almost a routine part of my life.

Sean Beam, Karate Student  
Allentown, NJ

## **RESPECT**

To: Master Everson, Master Williams, & Master Christina,  
We just wanted to tell you how much Morgan is enjoying Karate. She is 4 weeks into the program and already the talk around the house is "only 6 more classes until I get my white belt". She frequently comments "if a stranger comes up and grabs me, I'm going to do this" -and a kicking or punching motion follows. We've even notice when Morgan is now asked to pick up her clothes, toys, or crayons, the first words out of his mouth are "yes ma'am". Jon and I thought Morgan would enjoy class, but we never could have imagined she would be a s passionate as she is so quickly. We are looking forward to a great year with you and can't wait to see Morgan continued to grow.

Truly Yours,  
Jen & Jon Masel  
Robbinsville, NJ

## **EXCEEDING EXPECTATIONS**

Exceeding our expectations. Very positive experience, motivating and we thoroughly appreciation instructor attention to Noah and their positive attitude.

Pat Stiebritz,  
Hamilton, NJ

## **WE BELIEVE IN KARATE**

Certainly! Syam has improved his confidence levels after he started Everson's Karate program. "So I believe in it!!

Leela Kondusi, Robbinsville, NJ

## **I BELIEVE IN MYSELF**

I have benefited in my character, I learned to speak-up and lead other. I use to not speak-up and be in the back ground. Never leading but following people who other followed. Yet I discovered in myself I can lead and know what right for me.

Terry Lee, Black Belt  
Hamilton, NJ

## **ROLE MODEL**

I have learned through the Martial arts the different leadership qualities that will shape my life forever. I want to become a person who people look up to.

Diane DiClemente, Black Belt  
Robbinsville NJ

## **PROUD PARENTS**

I don't know where to begin. Most of all I believe my oldest son has gained confidence. He also developed the love of teamwork. My younger son is in awe of his older brother and he too wants to push to achieve his black belt to! He continues to grow in confidence. They both are very respectful and I love how you make it a point and discuss respect to yourself and others. I am grateful for your program!

Jennifer & Barry Lipschutz  
Robbinsville, NJ

## **MAKING THE RIGHT CHOICES**

Dear Master Everson & Master Williams  
Introducing Jeff to karate and Everson's Karate Institute was one of the best decisions we made as parents when Jeff was five. Everson's has taught Jeff so much more than self defense; leadership skills, discipline, respect, goal setting, self esteem and confidence, qualities that will last him a lifetime. Thanks to everyone at Everson's.

Sincerely, Dave & Lois Katz, Parents of a Black Belt  
West Windsor, NJ

## **LIFE CHANGING**

I was not a athlete before I started my training at Everson's Karate. Throughout my years of attending karate classes, I have become more agile, powerful, and fast. It has also benefited my performance at track, and vice versa. I also learned how to persevere through tough moments and get the task done, despite the pains and exhaustion, where before karate I would have instantly quit. This is a reflection of what I've learned at Everson's Karate self-discipline and self-confidence. While I hadn't noticed it much before, I now realize that karate had a part in shaping who I am today, I will take away what I've achieved and accomplished and carry it in my heart and mind for the rest of my life.

Kenny Trube, Age 17, Black Belt  
East Windsor, NJ

## **MILESTONE**

Now, 5 years later we cant believe how much my son Ryan has grown, not only physically, as we look at all the belt graduation pictures we have but also emotionally. Ryan has always been confidant in who he is, but not always in his abilities, especially in sports. We saw a change in him 2 years ago. Ryan actually went out of his comfort zone and tried out for the intramural basketball team at St. Greg's. He had never played basketball, only to shoot hoops and play around the world. This was a huge step for him. He was on a team with a wonderful coach who we believe helped continue his confidence. He now continues to play and enjoy himself and feel confident with the abilities he has. We credit Everson's Karate continued positive affirmation in class to this milestone.

Jennifer And Jerry Calamia  
Hamilton, NJ

## **POSITIVE ROLE MODEL**

Extremely positive atmosphere and positive attitude of the instructor. All combined with great physical challenge. Its has only been a few week and I can see progress every week.

Pat Stiebritz  
Hamilton, NJ

## **RESPECT**

My Daughter loves to come to class! It's also nice to see the level of respect and effort that is required from each student

Sheila Kelly  
Hamilton, NJ

## **CONFIDENCE**

In many ways, I have benefited from Everson's. For one, I am more confident in myself. In the past, I would avoid something, like a ball. Now I'm more aggressive in trying to catch it. Also I've gotten much stronger. I can throw a ball much farther and harder. Now, when I hit something like a bag it wobbles or falls down instead of me hurting myself. I've also gotten better control of my kicks and punches and don't miss as often. I've gotten more balance and don't fall down as easily. I have gotten more discipline. Finally, I'm assertive and not nearly as shy as I was before.

Taylor LaCaze Age 11 Student  
Robbinsville, NJ

## **FITNESS**

Everson's Karate is a great way to benefit your overall health and daily stamina. It is the best stress reducing exercise program I have participated in. The instructors are as enthusiastic as they are knowledgeable - they make sweating fun! All fitness levels will benefit from Everson's Karate.

The Self-Defense program has greatly increased my sense of security. The class is not intimidating, it's empowering! In combination with Cardio or taken alone, it takes fitness to a new level, by increasing strength and agility.

Michelle Miller  
Robbinsville, NJ

## **LET US BEGIN BY SAYING "THANK YOU"!**

We sent McLean to you a few years ago as a no belt, to begin taking Karate classes. He was a shy and soft spoken child when he began at your school. After years of commitment, he now competes on the grappling team, is much more assertive, and most of all he is confident in himself. Today McLean stands before us as a Black Belt and an instructor in training. It has been said that it takes a village to raise a child. It has taken all of you, his teachers, and our family to get McLean where he is. Again, thank you for your untiring efforts through these years.

Sincerely,  
Jennifer and Barry Lipschutz  
Robbinsville NJ

## **FITNESS**

I joined Everson's Karate in 2002 and started attending kickboxing classes. At this time, I was looking for a workout that I could attend regularly. I hoped it would allow me to keep fit and gain strength. After only a few weeks of attending kickboxing classes, I was surprised at all of the positive results that I experienced. In addition to strength and fitness, I gained more muscle, I have more energy during the day, my clothes fit better, I have more confidence in myself, and I am living a healthier lifestyle overall. Every week, I look forward to the classes because I thoroughly enjoy the challenge that each class presents to me. Each class is different which keeps you engaged because you won't know exactly what to expect. The instructors are approachable and friendly and it is evident that each instructor is committed to giving every student the best workout possible. Everson's Karate not only gives you an incredible workout, it also truly has a family atmosphere which makes it enjoyable to be there. I would recommend Everson's kickboxing to everyone of any age who is looking for positive changes in their lives through exercise.

Lisa Luna  
Hamilton, NJ

## **SIZE 14 TO A SIZE 5**

Hello Everyone,

I would like to share with you my most rewarding experience at Everson's Cardio Kick boxing. Just a little more than four years ago after my son completed his karate class, he mentioned to me that I should consider taking the cardio kick boxing class that was taking place after his class. As I sat there, I just said to him that I was too old and that it would be too hard for me. Am I ever glad that my son did not let that statement go! Several days later, I agreed to try the class and after over four years taking the cardio kick boxing class, I am a different person in so many ways. I have lost a total of 54 lbs and went from a size 14 to a size 5. I have toned and change my appearance and attitude. My cholesterol and blood pressure and at an all time low for me and the doctor is extremely pleased. I must say that I feel so much better about myself and have that positive feeling of wanting to continue to stay health and fit. My energy level is so much higher for me than ever before. It also gives me a good feeling that I can talk to others and tell you that you are never too old or too "out of shape" to start the program. You can work out at your own pace and there is no pressure on you for achievements, only what you want to accomplish for yourself. The cardio kickboxing class at Everson's has made a wonderful change in my life.

Linda Shelden  
Robbinsville, NJ

### **NOW IT'S MOM TURN**

"I originally joined Everson's Karate for the following two reasons; my younger son wanted to go back to taking classes and a woman (in my age group) received her black belt with my older son. I was so moved by her achievement that I wanted to begin classes immediately. Once I started, I felt a boost in energy and I had a more positive outlook on everything. Karate keeps me focused on a goal and I am almost always energized. The instructors are all patient and encouraging which makes my experience a very positive one. I am driven to be a better person since joining Everson's Karate.

Jill Grois, a proud student, mother of two, (one of my son's received their black belt already)  
Hamilton, NJ

### **GROWING BETTER IN MANY WAYS**

Dear Master Everson,

I would like to say that my son Harsha is enjoying his Karate training at Everson's. I see a lot of improvement in his abilities. He is able to structure himself better with discipline. He is becoming more and more confident in his abilities not only in Karate but also in other skills as well.

Everson's helping him tremendously in his growth towards being a successful young man. Karate is also channeling his efforts in to a right direction. I would like to thank Everson's and its staff for a great training school that you are running which helped Harsha. I believe that your training helps him not only in the Karate skills but also becoming a better person overall.

With Kind Regards,  
Narayanarao Pavuluri.  
Robbinsville NJ

### **TEACHING MORE THAN KARATE**

We believe that Matthew has become a more confident and responsible young man. It has made him realize that in order to achieve goals in life he has to work for it. When he was in the first grade he was having trouble with reading, with Everson's reading program he was able to reach and go beyond his goals.

Thank you,  
David and Dorothy Walls  
Bordentown, NJ

## **INVALUEABLE LESSONS**

Over the past three years my daughter, Katie, has been a student at Everson's Karate. She expressed an interest in Karate at a very early age and enrolled in the program at the age of 6. I personally didn't think she would stick out the three year commitment of becoming a Black Belt But she soon was able to prove me wrong.

She began her journey and she would always talk how much fun she was having in class. I could definitely see she was enjoying herself but I also saw so many other benefits she was gaining. Katie has learned to set goals and if she worked very hard she could achieve her goals. She has also learned that it takes a certain amount of discipline to achieve these goals. Sometimes making the right decision was not easy but she knew what she had to do to achieve her goal.

I also learned a lot along the way about Everson's Karate school. So much of the program, as far as respect and safety as it relates to strangers, is what I as a parent was already trying to introduce and reinforce at home. It was an extra added benefit to what I thought was only a self-defense program.

I feel that Katie has grown so much over the past three years. She has never taken her eye off of the "prize" which is becoming a Black Belt but has also learned many life skills which will not only help her in school but in her life in general. She is probably too young to realize all this right now but again, as a parent the experience has been invaluable. I would highly recommend Everson's Karate School to anyone looking for a rewarding program for their children,

Kim Benson  
Robbinsville NJ

## **SELF-CONFIDENCE**

Everson's has given my son Jarett, the loving supportive environment that has built his self-confidence and enthusiasm to pursue his black belt. Jarett has become a more self-confident individual in all aspects of his life. He enthusiastically enters contests and participates in more community activities.

Sincerely,  
Lori and Bill Elser  
Hamilton, NJ

## **GIVING BACK**

Dear Donna,

Thank you for volunteering your time and expertise to make Pond Road Middle School's Faculty Academy so successful. Our goals were to build team spirit and to foster a positive relationship between the school and community. These goals were achieved with the help of your educational and inspirational workshop. We appreciate your enthusiasm and effort in making this day possible.

The following positive comments were made regarding your workshop:  
Self-Defense/Kick-Boxing

- Self-defense strategies were very helpful
- The workshop was great! I loved the self-defense, work-out and especially breaking the wood in half!
- Keep her coming back! She was great!
- If someone tries to mug me, I have the ability now to handle myself.
- The information – important. The quality of the instructor and the energy was great!

Sincerely,  
The Faculty Academy Committee  
Barbara Soars  
Terri Cullen  
Heidi Berkey  
Kevin Keener

## **THANK YOU**

Dear Donna & Christinia,

Thanks so much for visiting our 4<sup>th</sup> graders at Village School. Once again, the students thoroughly enjoined the lesson. Your presentation was terrific! The students loved using the x-ray paper and learning the kicks and punches. We were glad to hear the positive character points you included, as well. Thanks also for the opportunity given to the children to attend a free class. We are encouraging them to take advantage of the offer.

We certainly look forward to a return visit from you. Thanks again for your time and efforts.

Sincerely,  
Sharon Minore  
Chris Singh  
Physical Education Teachers

## WORTH MORE THAN GOLD

Dear Master Everson, Master Williams, and Master Christina,

I have wanted to write and thank you for all you have done for us and I struggled with exactly how to express that. But today, as I type, my son, Eric is testing for his red belt. All I want to say comes together on this day. Eric started taking classes in May of 2001 as a happy, bouncy, 5 year old. He loved it right away and our reward was seeing how excited he was about going back again and again. We signed him up to give him some physical fitness and have some fun. In the past 4 years, he has received so much more than that. He was always motivated by the belts, the patches, and the many ways you recognize achievements. He has participated eagerly in every sleepover and many of the special functions you have held. You taught him the value of setting goals, working to achieve them, and celebrating his success when he did. One example of that is that Eric set a goal to test today with his friend, Colin. He knew it would be a tough goal to get the classes in but he set that as his goal. He knew his goal was measurable and specific. He never gave up or complained. He didn't take the easy way out. Today he was so proud! He looked forward to this test even more than before because he knew he accomplished a goal he set for himself. Eric has always had a good bit of confidence in himself but as he has grown, his self image has been challenged. In school as the children start becoming more critical of each other and defining what is "cool," we've seen Eric develop new social concerns. His karate training, however, has been a consistent source of empowerment for him. He has expressed to us that he feels different in karate class than anywhere else. He feels stronger, more confident, and proud of himself. He feels secure. There are times during the past 4 years that Eric has considered "taking a break" because he felt the physical challenges that accompany this much activity (one of the main reasons we wanted him to go!) were too much. But your support and encouragement helped increase his motivation and that, (accompanied by a deal he made with me to rejoin cardio), renewed his commitment. He is now a very motivated, goal oriented, member of the new Master Club, prepared to earn A "black belt and beyond." He wants to continue to step up his training to more days per week. He plans to work to achieve the full split patch. He already talks about getting the perfect attendance patch again this year. He feels more fitness and strength. He is a huge motivating factor in getting me to attend my cardio classes. He has taught me about goal setting and commitment and we support each other. I have goals too now and I know I will achieve them through the help of your cardio classes and all the encouragement you provide. (It hurts, but... in a good way!) Thank you very much for all you have given to our family!

Sincerely,  
Danielle and Frank Gladysz  
Robbinsville, NJ

## **DOCTORS KNOW BEST**

In 2004, after checking out many local martial arts studios, we immediately knew that Everson's Karate was the perfect fit for us and our son, Dominick. We were very impressed by its staff's knowledge, dedication and enthusiasm. Their experience with children, as well as adults, is very evident. They are true "teachers" who have since become friends to the many parents who walk in and out their doors everyday. Master Everson, Williams, and Christinia have created a positive learning environment which is both fun and challenging for the kids. Over the past two years, our son has gained so much confidence and pride, and has developed an even deeper love for karate. He has learned so many more things than "just karate moves" like how to focus better, perform in front of a large group, work with others, balance and coordination,...It has even helped him at school when confronted with a bully. He looks forward to every class and loves to show us what he is learning. He really feels comfortable at Everson's, looks forward to reaching his next goal, and plans to be a part of the Everson family for many more years to come. Thank you for taking the time to get to know our son and every child individually, and for your encouraging words, emails and postcards. Your love for the martial arts is contagious!

Christine and Dominick Eboli, MD, FACS,  
Princeton Junction, NJ

## **A POSITIVE EXPERIENCE**

When I joined Everson's Karate Institute at the age of 43, shortly after my first child was born, my goals were simple: to stay in shape and to study karate. Now, 12 years and a black belt later, I'm in the best shape of my adult life and I'm still studying karate. Through the years, my training has led to many self-discoveries about discipline, commitment, humility, facing fears and challenges, confidence, respect, etc.

But I have not been on this 12-year journey alone. Master Everson has guided, cajoled, pushed and inspired me to achieve and surpass my belt-rank goals. Master Williams has more enthusiasm than anyone I've ever met. Master Christina is a natural teacher and relates well with students of all ages. You and your teaching staff embody professionalism and teamwork. Everson's is so much more than just a place to study the martial arts or to stay in shape. It's a place to learn about yourself. It has been a deeply rewarding and enriching experience for me, and I hope to be doing it for many more years to come. Thank you Everson's!

Dean Rowland, Black Belt  
East Windsor, NJ

## **DETERMINED**

Mikayla, has made leaps and bounds with home life and school work since she joined Everson's Karate. Mikayla is very determined to achieve her Black Belt.

Barbara Weigand,  
Trenton, NJ

## **NEVER TO OLD**

Master Everson, Master Williams & Master Christinia

When I first started going to Everson's Karate and Cardio Kickboxing, I started with cardio and with in a couple months I've seen a difference in the amount of energy I had. I joined at the age of 38; I'm 41 now and have my Black Belt looking for my next rank. This is a great place to learn and the Instructors are the best. To come to a place and learn Kickboxing, Grappling, Kicks, Self Defense and Weapons, but most of all we learn what it takes to become a Black Belt, which is Discipline, Desire, and Dedication. The Instructors work with you and in both the Cardio and Karate classes to insure you are performing the exercise correctly. As a Christian I find it a blessing to learn at a school with good morals, and respect for everyone.

David Risoldi  
Trenton, NJ

## **DETERMINATION**

Dear Master Everson,

Gregory joined Everson's Karate over eight years ago at the age of 6. Since then he has grown from a shy young boy to a self-confident and strong young man. Gregory is presently a 2<sup>nd</sup> Degree Black Belt and is very much looking forward to earning his 3<sup>rd</sup> Degree someday. There were many times when Gregory wanted to give up on his karate training. However, Master Everson and Master Williams always supported him, making him feel comfortable with his abilities. Master Everson has consistently challenged Gregory which has caused him to develop perseverance and determination, not only in his athletic abilities but also in all aspects of his life. We cannot imagine what Gregory's life would be like without his years of training at Everson's Karate.

Thank you very much for all that you have done for Gregory.

Sincerely,

Lois and Joseph Hogya

## **WOW AND THANK YOU!!!!!!!**

Dear Masters Everson and Williams,

We just want to say WOW and THANK YOU!!!!!!!

We have been students of Everson's Karate & Cardio Kickboxing School for several months now and we couldn't be happier. We are both Martial Artists with over 18 years experience combined, so we do know a little bit about what we are talking about. Our goal when we moved into this area was to find a place where we could workout together and stay involved in the Martial Arts to a certain degree. At Everson's we found just what we were looking for. Energizing and exciting workouts, Masters Everson and Master Williams all have such a gift for disguising repetition with creative combinations that class is never dull or boring. You never know what you will be in for when you walk onto the floor other than you will feel great when it is over and be very happy you came. For us, coming to class is something we look forward to and when we miss it, something just doesn't feel quite right. It is also a great school for the entire family. Our 3 year old daughter has already taken 2 sessions of the Tiny Tigers program and will be returning in September. Master Christinia has just the right mix of discipline and fun and our daughter loves it! All in all, in this day and age where everyone is always rushing and people just don't have the time, it's great to know we found a wonderful place to train, meet nice people, and have instructors that show genuine concern, caring and respect for the Art and its students.

Warmest regards,

*Carl and Jenny Swick*

*East Windsor, NJ*

## **SOMETHING MORE**

Everson's Karate,

My son Trevor began taking karate lessons when he was 5 years old, however he did not begin to really learn karate until he joined Everson's Karate about 3 years ago. In the past three years Trevor has grown into a respectful, dedicated and responsible 15 year old. I attribute a good part of this growth to his commitment to the martial arts and to the influence of the instructors at Everson's. In June of 2005, Trevor achieved his goal of becoming a black belt. With this achievement I have seen a change in Trevor. Trevor, now a 10<sup>th</sup> grader is better at managing his time and setting and working towards his goals. Trevor is very proud to be a part of Everson's Karate and we look forward to many more years to come. Thank you Everson's for everything.

Betty Sterling

Yardville, NJ

## **POSITIVE IMPACT**

Our daughter, Kaitlyn Bush, started taking classes at Everson's Karate in 1994. She was in kindergarten and we thought it would be a "6 month thing". Well it's her 11th year at Everson's and she will be going on, up to college. It is her "passion" as she always tells me. From that 1st white belt in 1994 to her 3rd degree black belt this past June, each accomplishment is a very proud moment in our lives. Master Everson, Master Williams, and Master Christinia are always very supportive of everything "Bush" does. They have taught her life skills that will go far beyond her training in class. Learning the "Katas" taught her about paying attention to details. Sparring has taught her to be strong and stand up for herself. Many of the group sessions that each instructor would give during the class, she would talk about on the ride home. She has many outside activities.... Soccer, Track, School Plays, and Vocal lessons, but Karate has always been her favorite, I think because of the exceptionality of the staff. They always have a positive attitude and inspire you to do the same. Kate does some teaching of the Tiny Tigers, when she has the time, and I think this is also a great benefit to share what you have learned to future "Black Belts". We are proud of our daughter and all of her accomplishments, but would like to thank "Everson's Karate" for being such a positive part of Kaitlyn's future.

Karen and Ed Bush  
Hamilton, NJ

## **PROUD GRANDMOM**

When my grandson expressed his desire to learn karate my first thought was "why would his parents want him to learn how to fight. He's too young for that." I was unaware of the entire concept of learning the art of karate. In addition to self-defense, Everson's Karate molds the students into becoming well rounded young adults they learn to respect and others, obedience, self-esteem, setting and reaching their goals, and importance of commitment. I am so grateful to Master Everson and Williams for their dedication and genuine interest for my grandson and each and every student to fulfill their goal of becoming a black belt. They offer the perfect balance of education and fun. Everson's is not just karate institute, it's a karate family. Something so important in this day and age for children.

Elaine Gutowski, Proud Grandmom  
Robbinsville, NJ

## NEW ADVENTURE

Dear Everson's Karate:

We just wanted to express how happy we are that Anthony is a member of the Leadership Program. Six months ago, when the Leadership Program first started, my husband and I were a little skeptical about Anthony starting on a new karate adventure after already putting four years into his black belt and first degree. He seemed very excited, and we agreed to give the Leadership Program a try. With every passing day, and more members joining the Leadership Program, it was apparent that these children were not only performing better with each performance, but they were also creating new bonds and friendships with each other that they really enjoyed. Their comradery is extremely noticeable in class and at each performance when you see them rooting and cheering for each other, even if it is not their turn to perform. It is a pleasure to watch each and every demonstration. The children are happy and they have improved to a point that I think even surprises them. I am especially proud of the way they performed at the CF open house. Five performances, and each one was better than the last. I think all of the Leadership Program parents will agree with us in saying that all of the children work hard and have a great time, and enjoy their new friends.

Pam and Michael Giesler  
Robbinsville, NJ

## INCREDIBLE CONFIDENT YOUNG MAN

Dear Master Everson, Master Williams & Master Christiana,

Our son, Evan Richards, has been attending EKI for over two years now. He began in Tiny Tigers, went into the Black Belt Club, and has just recently joined the Leadership Team. We have to tell you that, had we not seen it with our own eyes, we never would have believed it! What we are referring to is the amount of *confidence* and *self-respect* Evan has achieved since he has been with EKI. He was a shy, quiet and reserved child in the first grade when he started karate. He wasn't sure how to handle kids teasing him at school, and was never confident enough to feel as if he could handle the situation. Once he started taking Karate, we instantly saw a difference in him. He has since grown into an incredible, **confident**, respectful, young man and is continuing to learn on a daily basis. We cannot "*Thank You*" enough for all you have taught, and continue to teach, our son. He has made karate a part of his life and continues to work very hard so he can achieve his goal of earning a Black Belt. We look forward to the day he will receive it! Our younger son, Kyle, has since decided to give karate a try. We are looking forward to watching him grow and receive the same benefits as his older brother. Thank you so much for all you do for, not only our sons, but for your entire karate family.

Sincerely,  
Matt & Susan Richards  
Hamilton Sq. NJ

## **HOW KARATE HAS CHANGED MY SON!**

Our son, Tyler, came to Everson's Karate, three and a half years ago, a very quiet, shy boy. Since then, he has joined the Black Belt Club, the Master's Club, gotten his Black Belt, and now he's preparing to test for his 1<sup>st</sup> Degree Black Belt. We did not know what to expect when we first signed Tyler up, it seemed like such a long time before he would be able to test for his black belt, and when he did, what an amazing feeling, not just for Tyler, but for us as his parents, as well. We knew how hard he worked, and how far he had come. Since getting his black belt, he has been able to take on more of a leadership role, helping out in classes, he really loves to help the younger children. Karate has helped Tyler in so many ways. He is very respectful, honest and confident, and loves to help out with the younger classes. The Everson's Karate family, and that is exactly what it is, a FAMILY, are there for your child's well-being. From the basic exercises, discipline, respect, leadership skills, confidence, kicks, katas, striking zone drills to the sparring and grappling, Everson's make the activities fun while still learning. Tyler is getting ready to test for his 1<sup>st</sup> degree black belt, and we have to say in the last 3 months, Tyler has really raised his game. His sparring/grappling have really improved tremendously, he really works hard to fill that Black Belt. Tyler is a bright young man, who has displayed the discipline, desire, and dedication, to go far in both karate and the real world. Tyler is very respectful to everyone, and he always looks forward to going to karate classes, especially when he is able to teach. Tyler, like most children these days, has many other sports he is involved in, soccer, golf and archery, yet with the flexible schedule that karate offers, we are usually always able to get to karate at some point each week. Tyler has since given up soccer to be able to focus more on helping out more with karate. We truly believe the HEART that Master Everson, Master Williams, and Master Christinia bring to Everson's Karate School has contributed to the well-rounded young man, Tyler is today. Tyler will be able to use all of these skills for the rest of his life. Tyler is definitely dedicated. We are so proud of him!

Randy and Michele Gravatt  
Allentown, NJ

## **POSTITIVE LIFE CHANGE**

The Benefit of the Martial Arts in my life are numerous. My ability to focus and complete task has improved 100%. The way I handle and deal with situations. Whether positive or negative. My social skills are more social if that makes any sense. Everson's Karate has given me a more positive attitude towards my life and the lives that I am in contact with. Thank you for my physical and mental strength.

Chris D'Arienzo, Age 45 Karate Student  
Cream ridge, NJ

## **SURPRISE, SURPRISE**

We wanted to take the time to write and let you know how much our two children like their karate classes. Our son, Tommy, started out two years ago as a Tiny Tiger. He is currently in the Junior Program. In that time, we have seen him gain confidence in himself at karate class and at school. He takes great pride in his karate and is eager to continue to learn more. Your teachers at Everson's Karate Institute know how to keep him interested in karate by varying what is taught at each class. This makes it fun for him. Our daughter, Nicole, started out one year ago in the Junior Program. She is currently a member of the Leadership program. We have seen her gain confidence in herself at karate class, at school, and at the demonstrations she has performed at. She really enjoys learning new things at each karate class, as well as performing at the demonstrations. We have seen her make great progress in the Leadership program. When we signed our children up for karate classes, we knew that they would learn self-defense and get great exercise. We've come to learn that karate offers so much more than that. It also develops their confidence and discipline. It promotes goal setting, respect, and pride in what they've accomplished. These are important life skills for them to know. Both of our children are dedicated to earning their black belts in the future, and we believe that they have the desire and discipline necessary to make that happen. It is good to know that karate has helped enrich our children in all aspects of their lives.

Sincerely,

Tom & Lisa Krosnowski  
Allentown, NJ

## **WELL WORTH THE DRIVE**

Dear Master Everson,

It's hard to believe a year has passed already since our son, Eric, joined Everson's Karate. Although there are many martial arts schools closer to our home, we would never consider enrolling anywhere else. We love your broad curriculum in the Tiny Tigers program. It offers a unique balance of karate skills, general fitness, and fun!

Master Williams, Master Christinia and you have created a wonderful environment for learning. From the "POWerful Words" homework to your holiday toy drive, you offer your students the opportunity to experience so much more than "just" karate. You have developed in Eric the confidence in himself and his abilities to try something new, and succeed! We all look forward to another great year of classes.

Sincerely,

Ralph and Elizabeth Hierl  
Freehold Township, NJ

### **THE TOWNSHIP OF ROBBINSVILLE**

Dear Mr. Everson

I would like to take this opportunity to personally thank you for your generous donation toward the 2008 Robbinsville Twp. Community Festival. It was with the support of businesses like yours that we were able to offer some new and exciting activities and entertainment for the several thousand residents that attended this year's festival. We hope you were there to join us for this special community celebration. Once again, thank you for your support and helping make this special event a huge success.

Sincerely,

### **CUB SCOUT PACK 180 ALLENTOWN**

Dear Master Williams and Staff

Thank you so much for having Cub Scout Saturday for Pack 180 of Allentown. The boys had such a great time over at your school. They learned how to get away from strangers and what to do if they are attacked. They really took with them some valuable lessons and self-confidence. It is important that children have the self-confidence to achieve their goals. The Cub Scouts motto is to do your best. We teach them to reach their goals and never quit. Your teachings at Everson's enforce the same.

One of the tasks Master Williams told the boys to do was to break some boards. Although they all didn't break it on the first try they kept trying. Master Williams explained that the only time you have lost is when you quit. The boys never quit. They kept trying until they broke the boards. They walked out of Everson's with their heads held high and a new sense of accomplishment. Thank you again for taking the time to teach the boys. It is through the kindness and generosity of people such as the Master at Everson's that make such events possible

Sincerely,  
Barbara Cottrell  
Pack 180 Allentown NJ

### **A BIG THANK YOU**

I just want to take some time and let you know how much I love coming to Everson's for kickboxing. Yes its great exercise but I love coming for much more than that. The environment is friendly and welcoming. Master Williams, Master Christinia and you are incredibly encouraging. Taking the kickboxing class has done wonders for my body, but it has also been a huge boost for my self-esteem and confidence. Anyway, I just want to say thanks for everything I greatly appreciate it.

Tricia Weitz  
Hamilton NJ

## **THIS TRULY HAS BEEN MONEY WELL SPENT**

Dear Masters Everson, Williams & Christinia,

I have been meaning to thank the three of you for sometime now. Consider this letter long over due.

I'm writing in regards to my son Matthew who is a member of the Black Belt and Leadership Clubs. Almost two years ago we had received some information from Eversons in the mail offering a free trial visit. I brought it to the attention of my then 7 yr old. I asked him to give it a try, not expecting the novelty to last more than a week. I was amazed, how much he enjoyed it. He said after that 1<sup>st</sup> class "I'm going to get my black belt someday".

I can't begin to tell you the confidence this has given him. Matt has become more focused, and disciplined, to see this really makes me proud as a parent. This truly has been money well spent. What Everson's teaches is something so valuable that he will take with him in life. It's so much more than just Karate.

Matt has always been respectful but it's great to see it being reinforced in class. Karate actually has helped in so many areas including school, dealing better with peers/conflicts. It has made him more responsible, more confident and more coordinated. He studies harder, and sets higher goals for himself. The teachers, as well as, the other adults, he comes in contact with; all have nothing but positive things to say about him, and his behavior/ manners. You and your staff continue to impress me in the manner in which you teach, the patience and genuine caring you show to each of your students. My son truly admires and respects the three of you. His current goal is to someday teach the younger students. I'm sure with your instruction and guidance, he'll someday accomplish that.

Thanks Again.

Yours Truly,

D. Procaccino  
Hamilton Township

## **MOTHER AND SON TEAM**

In the time that I have started taking karate I have noticed a change in my attitude. I am more focused, calmer and have more confident and positive. I attribute this change to the classes, the positive attitude of the staff. I feel that Everson's Karate is an excellent place, the staff is great, they know how to handle the kids and doesn't let them give up. Very encouraging environment.

Student and Mother  
Lisa Grimm, Hamilton NJ

### **Dutch Neck School in West Windsor**

Donna,

We were very excited to have Everson's Karate come to the Dutch Neck School in West Windsor. Our first and second graders loved the presentation. The class and instructors were motivational and very impressive. This in turn had our students very enthusiastic about learning the basics of karate. Students worked on combining thinking, memory and physical skills all at once. The students enjoyed working with Master Williams and Master Christina and would enjoy seeing them again. We were lucky to have them join our school and look forward to seeing them again next year

Linda Basler

Tim Stevens

PE Teachers

Dutch Neck School

### **VERY HAPPY PARENTS**

Abel has improve his self-discipline and self-confidence at school, home and when out with friends and family. He likes going to karate and enjoys learning about it. His self-discipline has help him at school and has improve a lot. Teacher are very happy to see his improvements in general.

Ines' Delgadillo

Hamilton, NJ

### **PROUD MOTHER**

Dear Masters Everson, Williams and Christina,

Paul was recently nominated by his 5th grade teacher to attend the Junior National Young Leader's Conference to be held this summer in Washington, D.C. The nomination was based on his academic achievements, strength of character and leadership ability.

Darrin and I have long recognized that Paul's training at Everson's Karate was beneficial to the development of our son. He not only succeeded physically by achieving his black belt and first degree, but he learned many invaluable lessons as part of the Everson's karate family and as a member of the Masters/Leadership Club.

We are very proud of son's accomplishments, and thank you for your role in his development.

-- Laurie Pietrini

Robbinsville NJ

## **MY THREE SONS**

Nicky simply loves karate and the challenges. He used to get upset when he would lose, but Everson's Karate has helped him understand its all about the effort and having fun. He finally understand its ok not to win, if you did your best , since you can now learn from it. Nicky was a confident child, but I noticed that he is more respectful of others own and helps his brothers and friends more. He listens more, his manners have improved and he has matured a lot. His goal for now is getting to red belt.

Andrea has improved a lot since he joined Everson's Karate back in September. His balance was always off but since then I notice a big improvement. He is trying hard, learned not to give up, likes training a lot, he couldn't do any push-up or army crawls at the beginning, but now this is his favorite part. His kicks and balance are way better and that helps him a lot in other sports, especially ice skating which we recently started and which he really enjoys. He like Karate a lot and started making up his own moves.

Constantine has improved a lot overall, since he joined Everson's Karate in September. He can focus more easily, listens better, his balance and flexibility have improved a lot. He is not afraid to defend himself anymore because of his small size, but has more courage and speaks up.

Proud Mom  
Katering Varsou, Orange Belt  
East Windsor

## **INVETS INTO YOUR CHILDRE FUTURE**

Dear Masters Everson, Williams, and Christina

Our son Brian has been a student at Everson Karate for almost 5 years. He first entered the Tiny Tigers program and has progressed his way thru to the Black Belt program and then on to the Leadership program. In that time he has gone from a somewhat timid child to a confident young man. He walks, talks, and carries himself in a way that makes us extremely proud. What Eversons Karate has done for us is give us an investment in our son that is truly priceless and we expect that to continue to payoff for the rest of his life in the form of confidence, character, and determination.

We often speak well to others of your program and its instructors. We expect nothing but 100% effort from everyone when we enter the dojo and we are never disappointed. Please keep up the good work and continue to inspire all the "Future Black Belts" when they enter your studio.

Sincerely

Brian and Dawn Krall  
Yardville, NJ

## **FAMILYS THAT KICK TOGETHER SAY TOGETHER**

2009 marks my 15<sup>th</sup> year at Everson's Karate Institute. During the past 15 years I have hit many personal milestones in my life. I graduated college, started my career, got married, and had 2 beautiful daughters all while continuing to train at EKI. No matter how busy or crazy my life has become, I've always tried to make time to train.

I received my black belt on 6/21/97, it is a date I will never forget (probably because it is tattooed on my ankle!), but other than the birth of my girls, it is probably one of the most memorable moments in my life. When you start out as a white belt, the black belt is your main goal, and after all the time, all the classes, and the blood, sweat, and tears, the experience is an unforgettable one!

I am currently a 3<sup>rd</sup> degree black belt, and have had my ups and downs over the years. Unfortunately, a good part of 2007, and part of 2008 a herniated disc limited my training. I thought of "retiring" from EKI, but my heart, desire, and love for the martial arts wouldn't allow me to quit. Master Everson and Master Williams were also instrumental in my decision to not quit. They were very supportive, and encouraged me to never give up. I did not "retire", and in 2009 I started to attend classes regularly again! I once told Master Williams that I would probably be at EKI forever, and that's the kind of place that EKI is, you want to go to class, and you want to train there.

Speaking of Master Everson and Master Williams, the instructors at EKI are first rate. Master Christina has grown up in front of me, and has become an excellent instructor. She does an amazing job with the kids' classes. Master Everson and Master Williams are not only great in what they do, they are also great people. It has been an honor and pleasure knowing and training with both of them over the past 15 years. Hopefully, we can all go another 15 together!

To make my training even more special, my daughter, Hailey, started at Everson's in May 2008. Like I said before, 6/21/97 was a day that I'll never forget, and was my #1 moment at EKI, but on 6/14/08, watching my daughter get her white belt was a close second. I can't even put it into words how it felt, and how special it was watching her test on the same dojo floor I've tested on so many times before.

I've always considered EKI as family, and to have my own blood there with me brings it to a whole other level. There are many families currently training at EKI, and to me that speaks volumes of what EKI is about and how special EKI really is.

Everson's Karate Institute has been a constant in my adult life, and has helped me both personally and professionally. I would like to take this opportunity to say "thanks" to everyone past and present who ever helped me or my daughter at Everson's Karate.

Sensei Jason Weber 3<sup>rd</sup> Dan  
Hamilton, NJ

### **So -- what WILL “Everson’s Karate” do for your child?**

#1. Everson’s Karate program will teach your child everything he or she needs to know to be safe. Our safety strategies are designed to prevent your child from being picked on or seem as a likely target in the first place.

#2. We use a physical fitness program that focuses on the athletic fundamentals: stamina, agility, and body balance. We will be teaching your child how to shift body weight -- so he or she can move with speed and power.

#3. However, it’s the third area of emphasis that I believe parents like best. This is the part that works on the Self-Esteem skills, leadership skills, self-confidence, self-discipline, listening skills, respect, good manners; courage and the perseverance.

And what is really powerful about our program is that we are not just teaching your child *about* these skills. Rather, we are constructing situations where your child will be actually *experiencing* these skills. He or she will then be coached in using these skills at school and at home.

And in your child’s own self-image, he or she will be empowered to take on any of life’s challenges more successfully. And, last but not least, our program is FUN. It’s not the harsh, militaristic method that you will see at most Martial Art schools. Our teachers are wonderful people. The classes are fun, and it makes it easy for your child to learn.

### **Everson’s Karate is the SECRET!**

Did you know that Martial Arts are 10 times better than Team Sports in developing a child’s self esteem and confidence? Our program can and WILL help your child increase their confidence, self-esteem, discipline, while teaching them life skills that will last them a lifetime. (Let me explain why you MUST come see our program for yourself. It will be the best thing that you’ll ever do for your child.)

In our program your child will be able to progress at their very own pace. We understand that everyone learns differently. No matter if your child can only train twice a week or everyday we have the program that will fit your needs. A 1985 study found that children in Martial Arts have an increased sense of responsibility, a decrease in the willingness to take foolish risks, and a higher sense of self-esteem. This is why millions of parents are using Martial Arts to supplement their children’s education.

Everson’s Karate Institute  
Foxmoor Shopping Center  
Robbinsville NJ

“FUTURE LEADERS LEARN HERE”

## “OK -- I *Might* Be Interested... What Do I Do Next?”

Now, I'd like to make it possible for you to see, first hand, and with your own child (and, at my own personal expense), exactly how we make good on all of these stunning claims. Now, here comes the good part. We've made it incredibly easy. Here's how:

### Take Advantage of our:

- **FREE Student-Parent Conference:** (A \$20.00 value.)  
Before or during the introductory program, we will meet with you to discuss your child's needs and progress.
- **FREE Beginner Trial Program:** (\$85.00 value.)  
2 weeks of group lessons in our award winning beginners class **NO STRINGS ATTACHED**. I'm offering you four 45 minute lessons -- for FREE and with absolutely no strings attached. See for yourself if, in fact, I can give your child the powerful benefits promised in this letter. Watch with your own eyes as your child receives coaching by one of our expert teachers.
- **FREE Karate Uniform:** (\$35.00 value.) After your child's second visit to the Karate school, he/she will be presented with an official Karate uniform that is theirs to keep—no charge!
- **FREE EKI T-Shirt:** (\$15.00 value.)
- **FREE Enrollment Fees:** (\$100.00 value.)

**Believe me.** With just these four short lessons, your child will come away with his/her self-confidence greatly improved. Not just in how he/she *feels*. They'll actually be experiencing real life skills. Skills that he/she can put to powerful use, right away, today. All while enjoying the fun and excitement of an upbeat Martial Arts program.

And -- it's all **FREE!** You have absolutely no risk whatsoever.

To schedule your child's two free weeks, simply call **448-1807** from 8:00 a.m. to 9:00 p.m. Ask for Donna Williams or Christina Everson, and tell them you would like to set up a time to come in and register for your **FREE Student-Parent Conference**.

If you're among the first 25 to call we will give you a **FREE, Book, How to build Rock Solid Kids. By Keith Hafner** (A \$19.95 value) It's yours to keep, even if you decide Everson's Karate is not the right program for you and your family.

I urge you to call today and schedule your **Beginner Trial Program**. It might be the most important thing you ever do! **But Be Warned.** Remember, I'm inviting you to check out the most successful Martial Arts school in the country! Due to increasing demand, we have limited time slots for Introductory Lessons. Avoid long delays. Request your **Beginner Trial Program** and Free Gifts as soon as possible.

Thank you,

*Dusty Everson, Master Instructor*

*Donna Williams, Master Instructor*

*Christina Everson, Master Instructor*

P.S. Remember, there is absolutely no obligation in trying the **Beginner Trial Program**. If you do the **Beginner Trial Program** and love it (as most people do), you are welcome to register your child as a regular student. If, however, you feel that the Everson's Karate program is not what you are looking for, there is absolutely no obligation to continue. And the FREE gifts are yours to keep!

To receive your **FREE Beginner Trial Program** please call **448-1807**

To learn about our exciting Adult program go to:

**[www.eversons.com](http://www.eversons.com)**