

Dear Parent:

We, at N.I.M.M.A., want to make your child's involvement in the Martial Arts positive. We encourage your involvement in your child's endeavors here at N.I.M.M.A. We'll periodically keep you informed as we strengthen them physically and challenge them mentally.

As students' training progresses, we'll begin to place more emphasis on the mental aspects of character, self esteem, and concentration, in addition to the on-going development of strength, balance, leverage, timing, and advancement of other martial arts skills.

As challenges increase and rank promotions begin to require more work it is not uncommon for students to become temporarily discouraged. It is our responsibility, as parents and instructors, to make the difference between a child who meets and overcomes challenges, and one who merely gives up. Encouragement of your child's efforts takes on new significance at this time.

Young people need to have realistic, meaningful goals; they also need to have your support and motivation to achieve them. Now is the perfect time for you and your child to establish attainable goals. N.I.M.M.A. instructors can offer their experience to help you establish these goals as well as your child's karate training.

The instructors and staff at N.I.M.M.A. are proud of your commitment to today's youth. Should you have questions concerning your child's progress, please contact us for an appointment at your convenience. Together we can make a difference in tomorrow's adults.

Sincerely,

The staff and instructors of N.I.M.M.A.

### **Children's Classes**

\$35.00 per month

Tuesday: 4:30-6:00pm

Saturday: 9:00-10:30am

### **Adult's Classes**

\$45.00 per month

Tuesday: 6:00-8:00pm

Thursday: 6:00-8:00pm

*\$10 one-time registration fee for all new students.*

*Family rates are available.*



**Hanshi Ramona Hastings**

**Shihan Mike Sartwell**

**Renshi Gregg Walker**

**Renshi Todd Savage**

**N.I.M.M.A.**

## **Okinawan Karate**

**Sincerity**

**Effort**

**Character**

**Self Control**

**Indomitable Spirit**



**National Institute of Modern Martial Arts  
Claremont, NH  
1-603-542-1733**

## Confidence

### **The foremost benefit of N.I.M.M.A.**

Through a precise and time-proven program of movement and Kata, N.I.M.M.A. not only develops physical strength and ability, but also provides a way to earn true balance between mental and physical confidence. This balanced confidence is the single most important benefit of the N.I.M.M.A. training. Skill and ability are important, but in order to accomplish anything, you must have the confidence to act decisively. Insecurity leads to indecision. Indecision can turn success into failure.

The confidence gained through training in the N.I.M.M.A. practice does not make an individual violent or more aggressive. Rather, fear, insecurity, and lack of confidence bring about poor judgment which leads to violence.

Through the N.I.M.M.A. training, you'll challenge yourself mentally and physically. At any given time you know what you can do. It is this knowledge, combined with the experience gained in the Dojo which will give you confidence. The confidence you earn will stay with you throughout your life.

Okinawan Karate is one of the oldest and most popular fighting systems in the world today.

We teach defensive and offensive skills in formulated geometrical patterns known as Kata. All of our programs are expertly designed to bring out the best in you, and to help you on your path to reaching your full potential.

## Ancient Weapons Arts

(Kobujutsu)

Arnis, Bo, Sai, Tonfa, Kama, Nanchaka,  
Knife, Sword

Experience the full range of benefits that our Okinawan Karate and weapons programs have to offer.

**Kobujutsu** developed as an art of self-defense during periods in Okinawan history when the country was under subjugation and weapons were not permitted. With typical ingenuity, the Okinawans learned to fight without weapons or with articles found in daily life.

**Arnis** is a system of fighting which employs sticks or bladed weapons and the empty hands. This system evolved from the ancient martial art, Kali, practiced by the early Filipinos. Many styles of Arnis developed from Kali. Some are based on combinations of weapons, other styles are based on favorite techniques.

These Weapons have been incorporated into Karate and the art associated with their use is now practiced as supplementary Kata training by the N.I.M.M.A. students.



Hanshi Ramona Hastings has been studying the Martial Arts way for 35 years. Among the styles studied are:

Jukado (combination of Judo, Karate and Aikido) with Sensei Edgar Lunderville, Claremont NH,  
Jukado with the Twin State Jukado club with Sensei Jerry Day Windsor, VT,  
Dillman Karate Institute with Sensei Joe Hammond Windsor, VT,  
Shorin-Ryu, Okinawan system with Dr. Raymond Gonthier, Goshen NH.

She has been inducted in The World Martial Arts Hall of Fame three times and the Martial Arts Masters, Pioneers & Legends Hall of Fame three times.

In 1989, she co-founded the National Institute of Modern Martial Arts, with several other Martial Artists. She was under the guidance of Dr. Raymond Gonthier of the Shorin-Ryu Okiwan style of Martial Arts until his passing in 1998.

Hanshi and NIMMA are constantly pushing forward to benefit its members, the community and the way of the Martial Arts.

