

Press Release

WHO: McCoy's Action Karate – “Open House “
WHAT: Free Karate Performances and Classes Celebrating the opening of their New School.
WHEN: Saturday September 24th, 9:00am to 1:00pm
WHERE: McCoy’s Action Karate - 770 Southbridge Street, Auburn MA or 107 North Spencer Rd, Spencer MA
WHY: To Show Case the students in celebration of their New school in Auburn.
CONTACT: Paul McCoy or Paul Morelli at McCoy's Action Karate, 508.832.4110 or info@mactionkarate.com

“Hard Work = Success: A Dream that is Still Alive.”

Auburn and Spencer, MA. The public is invited to a FREE Karate performance and class at both McCoy’s Action Karate facilities Saturday September 24. Students will be demonstrating Karate Techniques and Skills from age 3 through adult students all day long. Each class will have traditional performances of skill along side “Breaking Demonstrations.” Breaking is a demonstration of Focus, Desire and Skill used to break wood with a karate technique. Guests are invited to participate by taking a FREE breaking class as well, where we will be teaching students and guest alike the ABC’s of breaking. (If you are a minor child you must attend with your parent or legal guardian.)

It is all part of McCoy's Action Karate “Open House 2005,” an event held to celebrate the opening of McCoy’s Action Karate world class training center in Auburn MA. *Nothing quite matches the Focus of a 3 year old as she breaks a piece of wood with skill and excitement, except perhaps the amazing ability demonstrated by an adult breaking through many pieces of wood or even cement with the same Focus.* The FREE ABC’s of breaking class will teach all guests and students that Attitude, Back Up Mass (Knowledge) and Concentration are required for success in anything, including breaking! *Come and help us celebrate the American tradition of Hard Work creating Success by watching these student performances of success after 3 months of hard work in preparation..* The event is spaced out throughout the day to allow different age groups to perform and learn on their own.

Tiny Tigers	Age 3 & 4	11:15am
Little Dragons	Age 5 – 7	10:15am
Karate Kids	Age 8 – 14	9:00am
Teens and Adults	Age 13 and up	12:15pm

Maximum Edge Demonstration	Karate Demonstration Team	Noon
Extreme Martial Arts Demonstration	Gymnastics/Acrobatics/Karate	10:00am
F.I.S.T. Demonstration	Future Instructor, Student Teachers	11:00am

For more information, contact Paul McCoy or Paul Morelli at McCoy’s Action Karate: 508.832.4110. Or visit www.mactionkarate.com. Photo ops available.