

KELLY'S HEROES
Isshinryu Karate School
ROGERSVILLE, TN

*Rogersville Cub Scout Pack 143
spent an evening with Kelly's Heroes*



Pictured

Back row: Amber, Hunter, Frank, James and Theresa

Front row: cub scouts and helpers. Mackenly Jones, Jason Kajundic, Nathan Lyons, Gabriel Lyons, and helpers Mason Jones and Kaci Kajundic.

February 2010

Rogersville Cub Scout Pack 143 spent an evening with Kelly's Heroes

The Cub Scouts attended an hour long advanced class and worked with students, Amber, Hunter, James and Frank exploring the many different applications of Isshinryu karate. The Cub Scouts participated in exercises and discussed physical fitness and then watched an exhibition of empty hand and weapon kata by the advanced students. The sport side of karate was explained and an exhibition of sparring and point calling was next on the agenda and the evening was rounded out with some discussion on self defense.