



Core Training and Injury Prevention

Performance & Training Clinics

A special clinic focused on core training and injury prevention. Presented by Sally Talbot, Physical Therapist and Mark Talbot, Go-dan and Director of the Performance and Training Lab. Clinic covers improving performance; relationship of core strength to karate; and the prevention and handling of back, shoulder, knee and other common injuries for students.

Learn...

- What are your core muscles and how strengthening can increase power and reduce injury.
- How your body goes from optimal performance to total dysfunction and how to reverse the process.
- How to maximize your performance and stay injury free.

Saturday May 3rd, 2008
11:00 am to 12:30 pm

At: Original Okinawan
Karate of Holt
2002 N. Ceder St.
Holt, MI 48842

"Physical Therapy has gotten me back into the condition I need to be to continue my active lifestyle. I have learned the tremendous importance of core muscle strength and body positioning. I feel I am now well equipped to properly condition and exercise with less threat of injury. Thank you Health Motion P.T.s and staff!"

- LH

Reserve Your Seat Today

**Call Mark McCloud
(517) 694-5001**

Cost \$15

What To Bring

Come dressed in exercise cloths and be prepared to participate in the exercises and practical application of what you will learn.

Train Smart, Get the Edge!