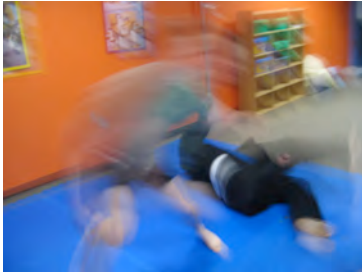


Christian Men's Martial Arts Group Host Wilder

John Darby, head instructor of The New Life Everett Church men's martial arts group brings Wilder in for one night to teach striking and closing



March 25, 2008 – Everett Washington. John Darby, a member of the New Life Church is the founder of a new Martial Arts Club, with an emphasis on Ju-Jitsu that is spanning all ages, styles and skill. The first members are building the club from scratch, literally piecing the mats together. “This is the way almost all clubs start, said Wilder, “Plant the seed and grow it.”

The subjects covered during the two and a half hours were getting distance right, seizing the balance via movement and angles. and a couple of “go-to techniques” that form the bread and butter of going to the ground.

“One important aspect of what these guys are doing in my opinion is the fellowship that they are building,” said Wilder. “This club works hard and supports each other; pretty cool, really.”

Kris Wilder can be reached via the following contact information:
www.WestSeattleKarate.com and email: Thedojo@quidnunc.net

