

# Northwest Martial Arts

Come on over to the Main Stage on Front Street to be mesmerized, entertained and astonished by the strength, talent and determination from a group of local and non-local members of Northwest Martial Arts.

The demonstration of technique, skill and strength is being presented during Potato Days on Friday, August 25, from 3:30 to 4:00 p.m.

The instructors are the most qualified and successful in the region. Master Roy is a Ninth Degree Black Belt with 43 years of experience. He is a licensed Physical Ed teacher and a 14 time US National medalist.

Master Teresa is a Seventh Dan with 37 years experience. She is a 12 time US National medalist.

Together they have coached over 200 US National Medalist and the only US National team member from ND.



## FITZGERALD CONSTRUCTION INC.

**(218)789-7318**



**SAND  
GRAVEL  
BLACK DIRT  
EXCAVATING**

**POTATO  
DAYS!!!**



**Have a  
great time at  
Potato Days!**

**JIM  
JOY**

Prepared and paid for by Jim Joy for House 2309 Meadow Lane Hawley, MN 56549