

Elkhorn Martial Arts a family affair

Bob and Audrey Perk have been sharing their journey both in life and in the martial arts for close to 35 years.

The embodiment of the strength, leadership and collectedness that is a hallmark of a well-trained martial artist, the couple and their children have been bringing martial arts training and community service to the people of southeastern Wisconsin for more than 15 years.

Bob and Audrey are the first and only husband-and-wife team to attain the Master title together, which they achieved in December of 2010.

The Perks embarked on their martial arts lifestyle in Waukesha in 1981, learning Tae Kwon Do at Cho's Martial Arts. They studied there until relocating to Lake Geneva three years later.

After a six-year hiatus to start their family, they resumed training, this time with their children, in Kyuki-Do at the Royal West Martial Arts Academy in Delavan.

In March of 1995 the opportunity arose for the Perks to take over Lake Geneva Flying Dragons, a school that also taught Kyuki-do.

With its long history in the area, they seized the opportunity despite Audrey's recent double knee surgery.

The Lake Geneva Flying Dragons enjoyed great success under the Perks' special brand of family and community orientation.

Having outgrown their Lake Geneva facility, they moved to their current location in Elkhorn in 2002, renaming their school Elkhorn Martial Arts Center.

Both Audrey and Bob teach classes five days a week.

Their son Nick also helps out, working on their marketing and teaching a free introductory session to anyone interested in learning Kyuki-Do.

Audrey and Bob have continued to seek knowledge and skill in the martial arts. They since both earned their black belts in Judo. Bob has also earned a black belt in Hapkido. They also study and teach Aikido and Iaido.

Over the years the Perk family has been recognized for their accomplishments in the martial arts.

In 1995 the whole family received Presidential Sports Awards for Martial Arts.

In 1996 and again in 2001 Audrey was recognized as American Kyuki-Do Federation Black Belt Woman of the Year. In 1999 she was also recognized as an Outstanding

AKA



Tournament Judge.

In 2003 Bob was recognized as an Outstanding Tournament Referee. But the most gratifying award came in 2004, when the Perks' school was named School of the Year.

Kyuki-Do was officially recognized as a martial art in 1979, though its roots in Tae Kwon Do, Judo, Jujitsu and Hapkido, as well as traditional Korean weapons, date back thousands of years.

"It's never too late to start training, whether your goal is self-defense, self-confidence, physical health or self-discipline," the Perks said. "By training in Kyuki-Do, the student will develop these attributes over time, as well as the integral qualities of courtesy, humility, integrity, perseverance and self-control."

Classes are offered Monday through Thursday and Saturday, with reasonably priced packages that reward long-term commitments and family participation.

Whether you're an adult looking to make lasting, positive changes in your own life or that of your children, the Perks invite you to stop by Elkhorn Martial Arts Center or contact them to schedule an introductory session. Whether 4 years old or 94, in shape or out of shape, begin improving your life today by contacting Elkhorn Marital Arts Center, 799 E. Geneva St., Elkhorn. In fact, bring the whole family.

For more information, call (262) 743-2111.



CHAMBER PHOTO Good Neighbors

Owning and operating a school in the community for more than 15 years, Bob and Audrey Perk have shared their martial arts journey together.

• Community Connection

Continued from front page

Historical Society moves run to Bluegrass weekend



The East Troy Area Historical Society has moved its Annual 5K Run/Walk to coincide with the East Troy Bluegrass Festival. This year's run will be held on Saturday, Sept. 10 starting at 8:30 a.m. at Prairie View Elementary School, 2131 Townline Road in East Troy. Registration will take place from 7-8 a.m.

Proceeds from the event will benefit the historical society, which operates the Kubicki Heritage Center on East Troy's historic village square.

Special awards will be presented to overall male and female winners and first through third place for male and female participants in each age group (14 and younger, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 and older).

T-shirts and goodie bags guaranteed for all pre-registered participants and the first 50 late and day of race registrants.

To register, download an entry form on the Chamber's website www.easttroywi.org or within this edition of Good Neighbors. For more information, call Tina Strand at (262) 903-5573 or Jamie Baumeister at (262) 215-7103.

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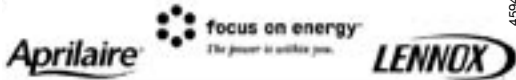
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www.mountolive-elca.net

Fall Sunday Worship Schedule:

- 8 a.m. - Traditional Worship w/Holy Communion
- 9:15-10:15 a.m. - Education Hour (children & adults)
- 9:30 a.m. - Contemporary Worship w/Holy Communion
- 10:45 a.m. - Blended Worship w/Holy Communion

Summer Schedule: Sunday Services @

- 8 a.m. (blended) and 9:30 a.m. (contemporary)
- (Memorial Day weekend thru September 11th)

...we welcome you...