

Kasey Widder breaks two boards simultaneously with a scissors kick during a demonstration at Sorce Martial Arts grand reopening Jan. 27.

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KICK

Continued from Page 18 offered classes for adults and children in martial arts forms tae kwon do, a Korean self-defense art similar to karate; Inayan Eskrima, a Filipino empty-hand and weapons art; and Danzan-Ryu jujitsu, a traditional Japanese jujitsu.

"Our curriculum is designed to help people of all ages and learning styles understand martial arts concepts and techniques," Sorce said. "Our curriculum includes practical self-defense techniques and meditation, which helps clear the mind, improve focus and strengthen willpower."

The newly remodeled facility will continue to offer the traditional classes and will allow for new offerings, including a class called Fast Defense.

"It is a realistic, intense class for adult martial artists and non-martial artists alike," Sorce said, adding that the studio will also host nationally known instructors throughout 2007.

Way of life

Many Sorce students are enthusiastic about the facility renovation and look forward to the expanded class offerings.

Black belt Michelle Lutchen said she and her sons started with Sorce six years ago, embarking on a new way of life for the family.

"Martial arts helped me stay centered and focused," she said. "It transfers into every area of life and what is important becomes clear. It is a good place to come to get away from the hustle and bustle."

She said she believes the expansion will help student performance.

"The running water from the fountain is very tranquil and being here is truly a mind and body experience," she said.

Kasey Widder, 11, said through martial arts training he has learned things beyond perfect kicking technique and breaking pieces of wood.

"When I was 6, I watched a lot of movies and thought, 'I want to learn to do that,'" he said. "Now I've learned how to have respect, self-control and even how to make new friends."

Something for all

Sorce said martial arts continue to grow in popularity and people from all walks of life are attracted to them.

"Our students are business and medical professionals, teachers, trades people, college students, parents and veterans," he said.

AT A GLANCE

WHAT: Sorce Martial Arts
WHERE: 926 Milwaukee Ave., South Milwaukee
ONLINE: sorcemartialarts.com
CONTACT: (414) 759-9531

"They come from various cultural backgrounds and range in age from 6 to 60.

"Their reasons for practicing martial arts also vary from self-defense and physical fitness to mental or spiritual growth. They all want to be treated with respect and receive personal attention in their training goals."

Sorce said his new facility will contribute to the growth of his students and help them reach their full potential.

"The program changes and additions will provide opportunities for students to learn more and do more," he said. "We can provide shared learning opportunities and students can choose for themselves what they want to do ... in the way of martial arts."

ON THE COVER — Anthony Mayer, 10, leaps over four students as he attempts to break a board held by Paul Bitzan during a martial arts demonstration at Sorce Martial Arts on Jan. 27.

KICK INTO CALMNESS

Martial arts studio revamps look, course offerings

By Sun Torke
 Correspondent

Pete Sorce's dream as a young boy was to someday run his own martial arts studio.

His childhood dream has been more than recognized. Sorce Martial Arts opened for business in August 2004 and now, nearly two and a half years later, the business is thriving and recently expanded in both space and offerings.

A grand reopening was held at the facility Jan. 27. Students and community members attended the event that featured martial arts demonstrations and information about the new studio.

"The facility redesign and expansion affords us more options and space for classes, seminars and business services,

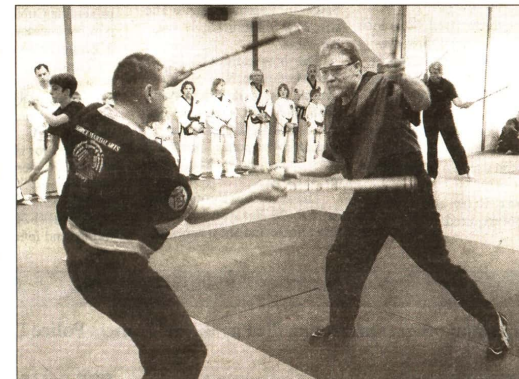
such as team-building events," Sorce said. "We hope the changes will attract more people in the community to experience the benefits that martial arts can provide."

Calming environment

The studio was 1,600 square feet originally. Sorce acquired an adjacent building and was able to more than double the size of the studio to 3,300 square feet. The new Sorce Martial Arts offers participants additional classroom, waiting and office space, as well as a custom-designed koi pond.

"We needed more room for classes and we wanted the new space to be very special," Sorce said. "We wanted to offer as much workout and viewing space as possible to make the training facility the most comfortable it could be. We believe the aesthetics of the environment can enhance students' training experience by providing a special look, feel and energy."

Before the renovation, the studio



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Jeff White (right) demonstrates the martial art of Eskrima, from the Philippines, with instructor Mark Burckhard during the grand reopening of Sorce Martial Arts on Jan. 27.

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JUMP START TO FITNESS

Martial arts studio kicks it up a notch with building expansion

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