TWILA SCHULER, OWNER/HEAD INSTRUCTOR
RISING SON KARATE AND C.O.B.R.A. SELF DEFENSE SYSTEMS

In David Nichols’s introduction we learned that Twila has been instructing martial arts for nearly 25 years, including working two years in Carrollton, TX for Chuck Norris’s non-profit organization, “Kick Drugs Out of America” (now called Kickstart). Responsibilities included teaching martial arts and mentorship for at risk youth in grades 6-8 within the public school setting.

Twila and her husband, Jerry, moved to Kirksville from Bowling Green, MO three years ago. She is a 4th degree black belt in Applied Shotokan Karate, a self defense based system. She is also a certified C.O.B.R.A. (Combat Objective Battle Ready Application) instructor, in which she teaches a variety of programs to help increase people’s awareness and self defense skills. From one-day events to 10-week academies, Twila stays busy with either teaching at her Kirksville academy or investing time in her own training and studies to stay up to date on the latest necessities for real world self defense.

Twila spoke about various ways one can avoid becoming a victim, even in a mass shooting setting (such as using improvised weapons). She said voice projection as well as physical restraints can be important deterrents. She recommended that we have a plan in various situations. In a parking lot, she said we should lock the car and relocate. She also recommended that we keep our open doors in the locked position at home so it can just be closed to prevent uninvited entry.


Twila is pictured above with David Nichols and, in right photo, demonstrating a self defense technique with our willing aggressor, Craig Shorten. She also had all of us practicing effective voice projection.

50-50 Drawing: Ralph Cupelli did not pull the ace of spades; pot now up to $1,231.

Membership Update: We have 76 members.

Guests: Scott Beard, Mike Askew, and Kevin Butner (proposed members - first announcement)
Jim Wagner, Thousand Hills club
Twila Schuler and Jerry Schuler (speaker/guests of club)

Make Up Meetings at 1000 Hills club - NE Regional Medical Center cafe (Thursdays at 7 a.m.) or North Star club - Wooden Nickel (Tuesdays at 5:15 p.m.)

Upcoming Programs:
May 16 - Matt Heeren/Kirksville Youth Soccer
May 23 - Zac Burden/History of TSU
May 30 - David Nichols/Past Leaders at TSU
June 6 - Tisha Kice-Briggs, DDS/Missouri Mission of Mercy
June 13 - Michael McManis/Charitable Fund
June 15 - Joint Installation at the Point/5:30 p.m.