

KARATE



Instructed by Manuel Velarde

“Practical Life-Saving Skills And A Great Workout”

Ages: 6 yrs - Adult

Classes: Tuesday & Friday

Times: 6:00—7:00 PM

**TIME CHANGE
No Class Friday
July 5th**

\$50 Monthly Membership

(Additional Fees Will be Required for Uniform & Tests)

* Philosophy of Non -Violence & Non-Aggression

* Mental Defense Skills

* Control the Opponent Without Harm

* Learn Methodical Attack & Defense

