

KARATE



Instructed by Sensei Manuel Velarde
Karate Kofuja-do style

“Practical Life-Saving Skills And A Great Workout”

Ages: 6 yrs – Adult

Classes: Mon. and Wed. every month

Times: 5:30—6:30 PM

Cost: \$60 Monthly membership fee
\$50 each additional sibling

- * Philosophy of Non -Violence & Non-Aggression
- * Mental Defense Skills
- * Control the Opponent Without Harm
- * Option to participate in International Tournaments
- * Learn Methodical Attack & Defense

