

YOUTH SPORTS & FITNESS

KARATE

with
Motohara Sensei

Tuesdays • \$40 per month

Fridays • \$40 per month

** 4 lessons per month/per day*

SHA Bldg. 126

• (Ages 5-8) • 4:15-5 p.m.

• (Ages 9-10) • 5-6 p.m.

• (Ages 11-18) • 6-7 p.m.



This style of **Karate** is mainly focused on fighting and sparring with full protective body gear (head gear, hand & feet protection, mouth piece, shin guard, groin protection, etc.).

What the Student will learn:

- Punching & kicking combinations for offense & defense (students will learn sufficient offense & defense before soft sparring).
- Students will spar with those of same skill level, and almost same weight & height (less accidents, no need to worry).
- Learn and gain skills to participate in tournaments & demonstrations.

***For more information,
call 263-6137 or 046-407-6137.**