

Instruction in:

Program 1:

Karate
Jiu Jitsu
Aikido

Program 2:

Tai Chi
Chi Kung
Pa Qua

Program 3:

Kobudo
Escrima
Kendo

Program 4:

Iaido

for the following benefits:

- ◆ Self defense
- ◆ Confidence
- ◆ Awareness
- ◆ Coordination
- ◆ Self control
- ◆ Self esteem
- ◆ Self-discipline
- ◆ Physical fitness
- ◆ Street proofing
- ◆ Increased attention
- ◆ Increased concentration
- ◆ Personal development
- ◆ Stress management
- ◆ Energy cultivation

Membership Fees:

	uniform	sub-total	GST
3 months: \$192.00+	_____	_____	_____
6 months: \$375.00+	_____	_____	_____
1 year: \$720.00 +	_____	_____	_____
manual, crest, gi, card:	\$85.00	_____	_____
tai chi uniform, manual:	\$75.00	_____	_____
TOTAL:			_____

Second Program 1/2 Price



"The ultimate aim of Karate lies not in victory or defeat but in the perfection of the character of its participants."

Gichin Funakoshi

Class Schedule

Children:

4-7 yrs.	Tuesday	5-6 p.m.
	Saturday	9:15-10:15 a.m.
8-12 yrs.	Wednesday	5-6 p.m.
(Wh-Or)	Saturday	10:30-11:30a.m.
8-12yrs	Thursday	5-6p.m.
(Red&Up)	Saturday	11:45-12:45a.m.
Youth	Monday	5-6 p.m.
(13-15)	Friday	5-6 p.m.
Open Class	Monday	6:15-7:15 p.m.

Adult:

White to	Monday	7:30-8:30 p.m.
Green	Wednesday	6:15-7:15 p.m.
Blue to	Tuesday	6:15-7:15 p.m.
Black	Thursday	6:15-7:15 p.m.

Open Classes:

Wednesday, Friday	12:00 noon
Thursday	7:30-8:30 p.m.
Kata Class	Friday 6:15-7:15 p.m.
Saturday	1:00-2:00 p.m.

Kobudo:

Children: Wednesday & Friday	4:15 p.m.
Tuesday	7:30-8:30 p.m.
Friday	7:30-8:30 p.m.

Tai Chi/Pa Qua:

Tue & Thurs	1:30-2:30p.m.
Wednesday	7:30-8:30 p.m.
Saturday	8:00-9:00 a.m.

Private lessons available on request for additional cost.

Remember, the dojo is always open for training and practice on your own when classes are not in session.