

KARATE

with Mark Sensei

Wednesdays, 2:20-3:20, 1st - 4th Grade

Wed, Jan 9 – Wed, Mar 27, 2019

11 classes. No class: Wed 2/20

Class size: 15 min., 20 max.

Tuition: \$180

For more info, photos and online registration please visit
www.karatedoshinyokai.com/sierra

Each karate class will contain exciting punching and kicking activities, as well as focus on character development, fitness, posture, breathing and the mind. Students will learn responsibility by holding pads for each other. As students progress to advanced material, they will be given more responsibility and take on leadership roles.

空手道

FIRST COME, FIRST SERVED

Class fills quickly. Registration via PayPal is preferred.

Register here:

www.karatedoshinyokai.com/sierra

Contact Mark Sensei:

info@karatedoshinyokai.com

Cancellation Policy:

20% cancellation fee any time after registration

Each semester students will progress through the karate curriculum and possibly receive belt promotions!

Please register online. No “tearoff” provided.