

# KARATE

with Mark Sensei

Wednesdays, 2:20-3:20, 1<sup>st</sup> - 4<sup>th</sup> Grade

Wed, Apr 3 – Wed, Jun 5, 2019

8 classes. No class: 4/17, 4/24

Class size: 15 min., 20 max.

Tuition: \$140

For more info, photos and online registration please visit

[www.karatedoshinyokai.com/sierra](http://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](http://www.karatedoshinyokai.com/sierra)

**Contact Mark Sensei:**

[info@karatedoshinyokai.com](mailto: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.