

# MARTIAL ARTS CLASSES



**TAE KWON DO:** For ages 5 & older. A martial arts class that focuses on self-defense, discipline, respect, and self-control.

- ◆ Class meets Mondays & Wednesdays from 5 to 6 p.m.

Instructor: Ray Atkinson.  
Cost \$25/month. Ongoing.

**SHOTOKAN KARATE:** For ages 9 & older. This class focuses on the tradition Japanese karate principles, and the disciplines of character, etiquette, effort, sincerity, self-control and a resolution to refrain from violent behavior. Training consists of basic movements, traditional individual workouts and practice with partners in defensive tactics.

- ◆ Beginners meet Mondays & Wednesdays from 6 to 7:30 p.m.
- ◆ Intermediate & Advanced meet from 6 to 8 p.m.

Chief Instructor: Manny Matos  
Cost \$25/month. Ongoing.

