



**Berkley Parks & Recreation**

# **Sanchin-Ryu Karate**

**Thursdays at the Berkley Community Center beginning August 18<sup>th</sup>**

## **Karate for Kids - Grades K - 8**

Students will be trained with proven, age-appropriate techniques that are necessary for kids to protect themselves from attackers. Classes set in a fun, structured environment which give your child a positive outlook on learning a martial art. We focus on healthy attitudes, not perfection! Participants will achieve self confidence and leadership through the physical techniques, mental strategies, drills and exercises they are lead through.

Our Instructors hold a ranking of at least 1st Degree Black Belt and maintain a continual, bi-monthly certification to ensure the highest level of quality for their students.

**Eight weeks 6:00 - 6:45 pm**

**\$40 resident (\$45 non-resident)**



## **Karate for Families**

A great Parent AND Child program for ages 4 & up! Its like paying for two & having the rest of the family come free! Set in a fun, non-competitive and informative atmosphere, this program allows parents to learn alongside their children. Physical techniques, drills & exercises help you have a positive experience with your self defense education.

**Eight weeks 6:45 - 7:30 pm**

**\$80 resident family (\$85 non-resident)**

## **Karate for Adults & Teens - Ages 14 & Up**

Specifically designed to address personal-protection concerns, this program instructs a broad range of strikes, combinations, footwork and defense tactics. Receive specialized training on how to deal with, get out of, and counter a multitude of grabs and attack scenarios. Learn how to use the whole body for power, making the most of your size and strength (regardless of athletic ability).

**Eight weeks 7:30 - 8:30 pm**

**\$53 resident (\$58 non-resident)**



Ongoing courses where students have the opportunity to continue their education in the same location with no hidden fees!

Uniforms are available for purchase but NOT required.

Register today at the Berkley Community Center 248-658-3470

**Want to add to the current session? No problem,!**

**We will pro-rate the cost of the class and you can begin anytime!**

