



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SHOTOKAN KARATE CLASSES

AT YMCA ARLINGTON 📍

As a form of physical exercise, karate is without equal.

- Karate utilizes all parts of the body, increasing speed, stamina, coordination, reflexes and balance.
- It is the ultimate art of unarmed self-defense.
- Designed for ages 6+, no experience is necessary and your first trial class is always free.

When:

6-Weeks Sessions on both Tuesdays and Fridays from 6:00-7:30pm. **June 18 – July 26.**

Where:

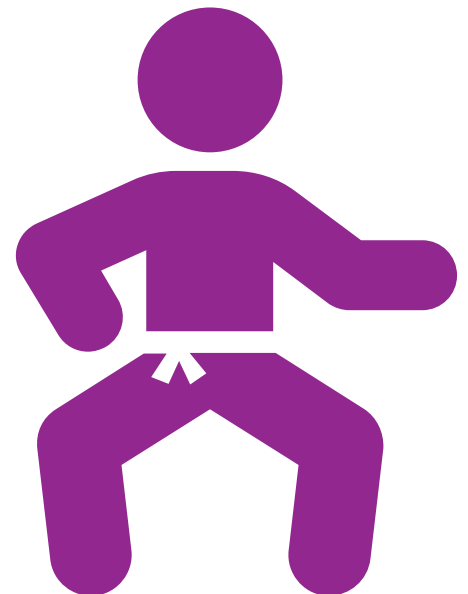
In the Loft and Multipurpose Room at YMCA Arlington (3422 N 13 St).

Instructors:

Chief Instructor M. Hanjani - 5th Dan
Assistant Instructor Ducie Le - 3rd Dan

Program & Membership Fees:

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| Cost for Full Privilege Members | \$219 |
| Cost for Program Members | \$249 |
| Annual Youth Program Membership Fee | \$45 |
| Annual Adult Program Membership Fee | \$70 |



For more information, visit www.jkavirginia.com or call 703-525-5420.