



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.
Classes run **Aug 30 – Oct 11.**

Where:

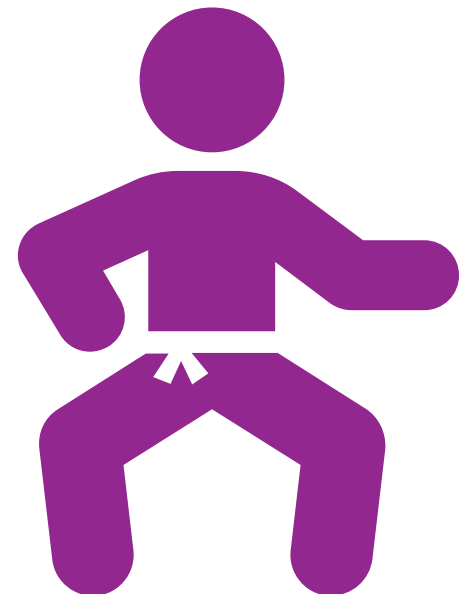
In the Loft and Multipurpose Room at YMCA Arlington (3422 N 13 St).

Instructors:

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

Program & Membership Fees:

Cost for full privilege members	\$150
Cost for Program Members	\$180
Annual Youth Program Membership Fee	\$45
Annual Adult Program Membership Fee	\$70



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