



FOR YOUTH DEVELOPMENT<sup>®</sup>  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SHOTOKAN KARATE CLASSES

AT YMCA FAIRFAX 

**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 Mondays and Wednesdays from 6:00-7:00pm.  
Classes run Sept 09 - Oct 16.

**Where:**

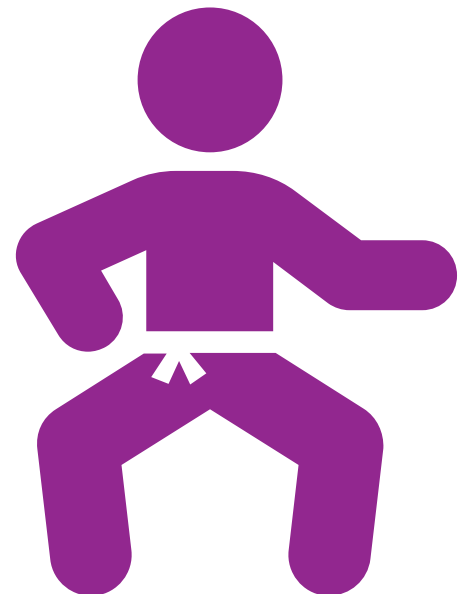
12196 Sunset Hills Road, Reston, VA 20190

**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	\$50
Annual Adult Program Membership Fee	\$65



For more information, visit [www.jkavirginia.com](http://www.jkavirginia.com)