



FOR YOUTH DEVELOPMENT®
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 Oct 21 - Nov 27.

Where:

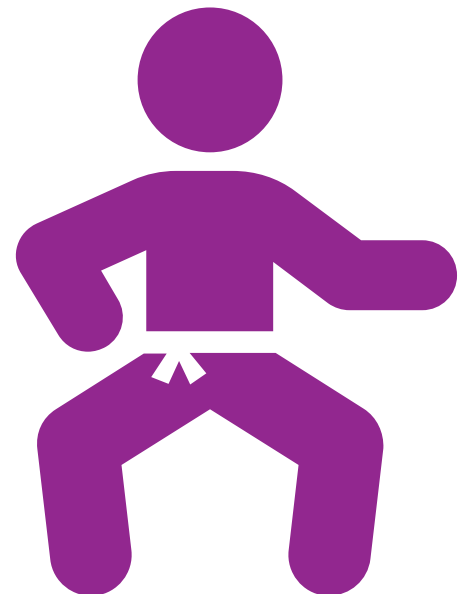
12196 Sunset Hills Road, Reston, VA 20190

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