



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 **Nov 26 – Jan 03. Makeup classes for holiday closures will be on January 07 and January 10, 2025.**

**Where:**

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

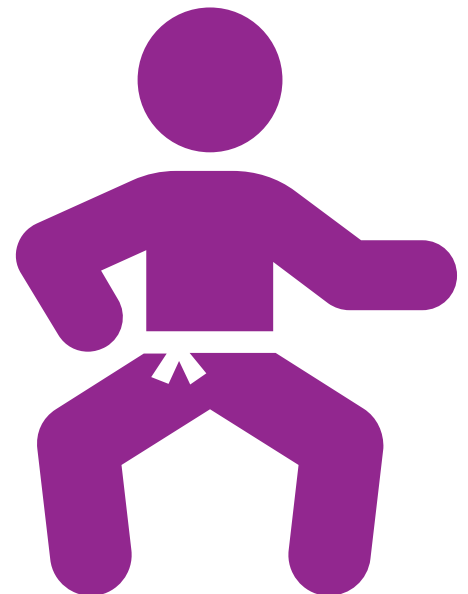
**Instructors:**

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](http://www.jkavirginia.com) or call 703-525-5420.