



EXPAND YOUR MIND PROTECT YOURSELF

GOJU RYU KARATE

(Ages 8 & up)

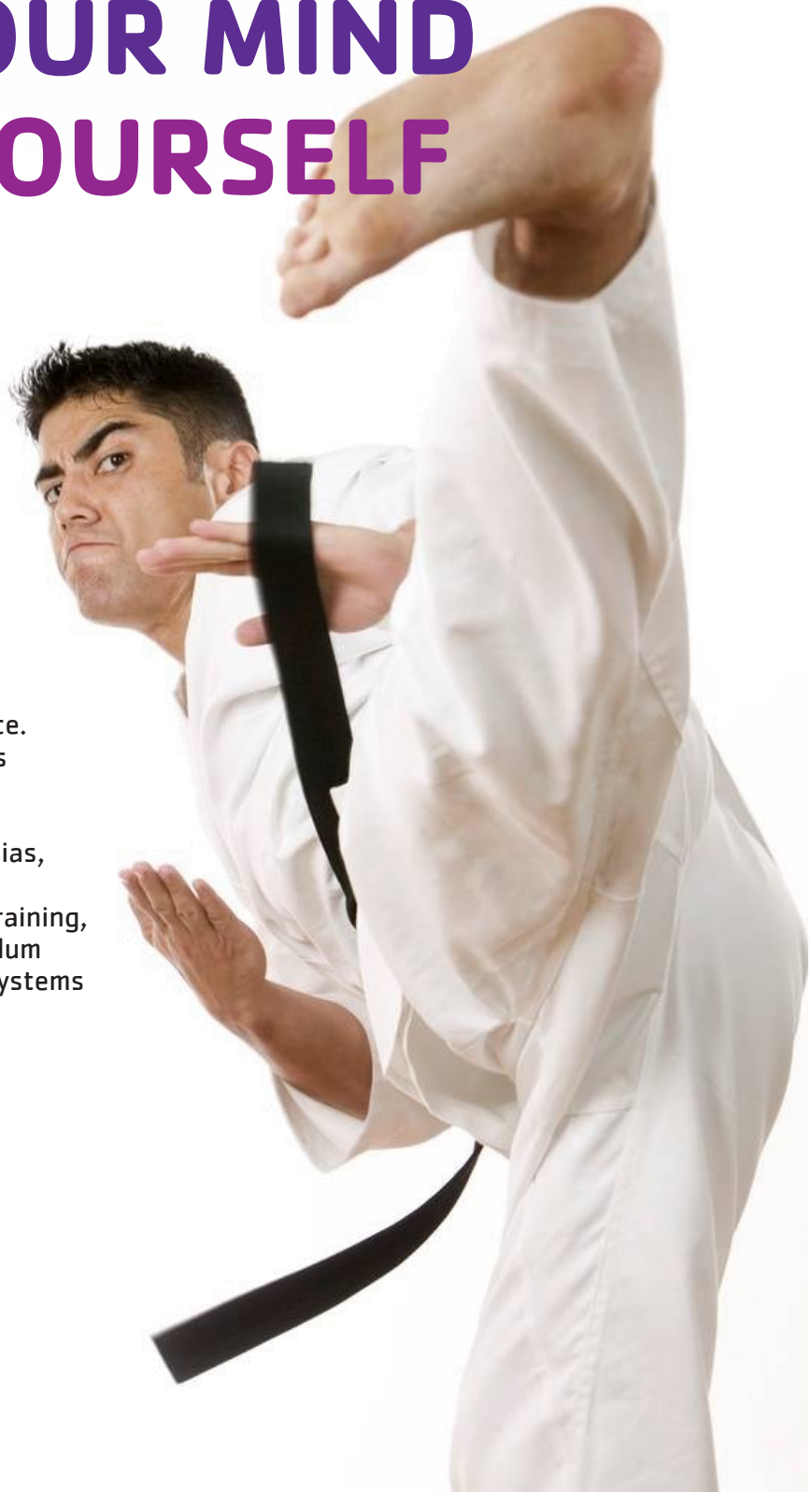
The literal translation of Goju means hard and soft utilizing linear and concentric methods of self defense.

The class is taught by Sensei Mark Stephens, 6th Degree Black Belt in Goju Karate and 6th Degree Black Belt in Tai Kwon Do.

He has over 20 years of martial arts experience.

He is a branch of the Door County Martial Arts Center and Little Dojo, NY, NY under the advisement of Hanshi Mr. Kevin McGrath, 10th Degree Black Belt and Kyoshi Shaun Koulias, 7th Degree Black Belt. Self defense, sparring, kata, weapons, confidence building, physical training, and team leadership are all part of the curriculum along with the utilization of the belt ranking systems for promotions. Uniform and school patches required. Promotional fees apply.

Private lessons available upon request.



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