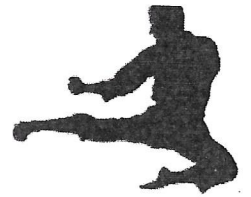




Karate Classes



(Okinawan Shido-kan Shorin-ryu Style)

WHEN:

Every Saturday

Ages:

4-6 years – 10am – 11am
7-13 years – 11am- 12Noon
14 & up – 12:00 – 1pm

Where:

Classes held at NWIC Gym,
10643 Lackland Road, St. Louis, MO 63114

Registration & fees: \$35/6 weeks / per student.

To register for classes:

Contact at NWIC office or call NWIC @ 314-427-3900 or contact Teacher A. J. Syed @ (314)473-5694.

Karate classes start on January 21, 2017.

Shido-kan Shorin-ryu Karate is the ancient style Karate which is originated in the birth place of Karate, Okinawa, Japan. The rigorous training cultivates physical power and a keen mind thus contributing to the well-being of the practitioner & society. The diverse elements and characteristics that made Karate popular throughout the world have instilled inspiration in the hearts of millions of people.

Internationally recognized black belt instructors will help you learn the karate skills at your own pace and we believe karate is for everyone of any age.

Karate-ka(student) are expected to follow 4 principles in class:

- Learning
- Cooperation
- Respect
- Friendship

Additional information:

Teacher: A.J. Syed, Sensei, 4th Dan
Dojo: The Arch Shidokan Karate
Phone: (314)473-5694
Web: www.shidokankarate.com
Facebook: www.facebook.com/stlshidokan
Twitter: www.twitter.com/stlshidokan



志 Shi
道 Do
館 Kan