

KARATE



Fall
Sept. 13-Oct. 27, 2016

Session 1: Nov. 1, 2016 - Jan.12, 2017

Session 2: Jan. 17 - March 23, 2017

Family/Adult Classes

- Exercise
- Empowerment
- Self-Defense
- Self Confidence
- Learn Katas & history

Kids will have fun learning

- Respect
- Discipline
- Self-Control
- Confidence
- Sparring



Equipment supplied, Uniform obtained through instructor



Call 743-1086 to reserve your spot!

518-743-1086

info@adksc.com

www.adksc.com



Sensei - Frank Matt

- 4th degree black belt
- Teaches traditional and classical karate
- 20 years experience
- 2015 - Awarded Chairman's Award by international organization for outstanding contributions
- Affiliated with world wide organizations thru GKK

Questions?

518-798-5175

fmatt04348@yahoo.com

www.goju.com

	1 day/week	2 days/week	3 days/week
6-9 year olds	Tue or Thu 5:30-6:15pm	Tue & Thu 5:30-6:15pm	--- ---
10 years - adults	Tue or Wed or Thu 6:30-8:00pm	Tue or Wed or Thu 6:30-8:00pm	Tue, Wed, Thu 6:30-8:00pm
	\$56/session (7 classes)	\$98/session (14 classes)	\$126/session (21 classes)
Drop-in (any age)	\$8/class Tue or Wed or Thu	--- ---	--- ---

All ages, experience levels and physical abilities welcome!

- Classes pro-rated when registering late.
- Payment plan available (credit card required)

Register online through your DASH account or at the Dome office.

\$12 membership/year/person

