



**KARATE CLASSES OPEN!**

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# TEACHING, DISCIPLINE, FOCUS, AND FITNESS.

EMPOWERING LIFE SKILLS LEARNED THROUGH THE MARTIAL ARTS

- GREAT FOR STRETCHING AND STRENGTHENING THE BODY
- PRACTICAL AND EFFECTIVE SELF-DEFENSE SKILLS
- REDUCES ENERGY AND STRESS
- GAIN A DEEPER UNDERSTANDING OF MARTIAL ARTS PHILOSOPHY



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**MARTIAL ARTS**  
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