

shorin ryu karate

What's it all about?

- Discipline
- Respect
- Self-Confidence
- Fine Motor Skills
- Flexibility
- Awareness of surroundings
- Physical Fitness and Muscle Strengthening
- **Fun**

Youth/Adult Karate (5 and up)

Monday & Wednesday

4:35-5:20 p.m. or

8:00-8:45 p.m.

Fee: \$55 per month for members and \$60 per month for non-member (a month's notice must be given for cancellation)

Attire: Students may wear comfortable workout clothes such as sweat suits or other clothing that allows for flexibility

Contact Dieter at 612-203-5187 or dieter@webmail.co.za for more information

Youth/Adult karate lessons from First Dan Black Belt instructor Dieter Von der Marwitz.

Meet the instructor—

- Represented South Africa in the 1998 World Championships
- Achiever of the Year—Grand South African Champion, 2000
- Certified First Dan Black Belt karate instructor
- 7 years of karate instructor experience
- 20 years experience studying karate
- Committed to ensuring a positive learning environment for children

**for more information
or to register, see the
Fitness Crossroad front
desk or call 612-788-1100**

youth & adult