

# *In Partnership with Arcade Creek Park and Recreation*

## *Learn Kenpo Karate*

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***Confidence***                      ***Develop***                      ***Skill***  
***Respect***

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- Learn to move as the five animals: **Dragon, Snake, Tiger, Leopard, and Crane**
- Learn an efficient and effective form of **Self-defense**
- Develop **proper form** and **sophisticated technique** through detailed instruction
- Gain an understanding of the **concepts** and **principles** of the art
- **Have fun** and become **excited** to train!

Classes meet each Tuesday and Thursday.

Introductory courses for students from ages 4-6 will meet at 5:00 and students from ages 7-15 will meet at 5:30.

New sessions begin the first Tuesday/Thursday of each month. Introductory classes are \$30 dollars a month.

The classes will be offered at the Arcade Creek Park and Rec. facility (see below).

### **Arcade Creek Park and Recreation**

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4855 Hamilton Street  
Sacramento, 95841

Phone: 916-482-8377

Note: This is not a program of the San Juan Unified School District and San Juan accepts no liability or responsibility for this program.