

In Partnership with Arcade Creek Park and Recreation
Learn Kenpo Karate

Develop

Confidence *Respect* *Skill*



- 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

4855 Hamilton Street
Sacramento, 95841

Phone: 916-482-8377

For more information check out our website: www.strategickenpo.webs.com

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