

KARATE

NEW KARATE CLASSES

This Fall at St. Paul for all students K-8 grade
Classes once a week from September to
December 2009

Build confidence, self-esteem, listening and respect with strong karate skills while learning with Sensei Roman- "Karate Missionary" who has desire to share his knowledge and help our parents and children in promoting great attitudes of life.

Sensei Roman: Coach of USA National Fighting Team and Don Bosco Prep. Karate Club

International program designed for the best achievements. Students will have ability to participate in the rank testing recognized by the International Organization.

Our learning program is focused on creating the most positive life attitudes, shape our students mind and body in the traditional Japanese martial arts fashion.

- Training is designed to every individual student needs and capabilities.
- The goal is to promote perseverance, self-discipline, and positive mental attitude through learning Kyokushin Karate in strict Budo discipline.
- This is more than teaching just kicking and punching. We personally developed students with life skills that will make a difference.
- Our continuous breathing program improve significantly cardiovascular system ventilation, students awareness, focus and concentration, reduction of body fat.
- Individual stretching exercise with lot of Yoga elements significantly improves all age students flexibility and coordination.

More information: St. Paul School website or call at
Registration meeting at 6PM September 9, 2009

201-962-7573