

Riegel Ridge Community Center  
&  
Jersey Bushido Kai  
Present



# *Isshinryu Karate*

Instructed by: Keith Groogan San Dan, 3rd Degree Black Belt

---

**Next Session Beginning:**

**February 2nd, 2012 Thursday 6:00pm to 7:30pm**

**All ages welcome!**

**Members: \$35 a month**

**Non-Members: \$45 a month**

**Discounted rates are offered if more than  
one child is enrolled per family.**

**Members: \$30 a child**

**Non-members: \$35 a child**

**Please call 908-995-9260 For More Information**

---



Students will learn more than just self-defense and respect in this class. They will become well versed in all the aspects of this classical art: its history, evolution, various styles, philosophies & definition of movements. In addition, the students will increase their knowledge of yin and yang, five element theory, and the laws of motion.