

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: \$40 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.