



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SHOTOKAN KARATE CLASSES

AT YMCA ARLINGTON 📍

**As a form of physical exercise, karate is without equal.**

- Karate utilizes all parts of the body, increasing speed, stamina, coordination, reflexes and balance.
- It is the ultimate art of unarmed self-defense.
- Designed for ages 6+, no experience is necessary and your first trial class is always free.

**When:**

8-Weeks Sessions on both Tuesdays and Fridays from 6:00-7:30pm. Classes run January 2 – February 23.

**Where:**

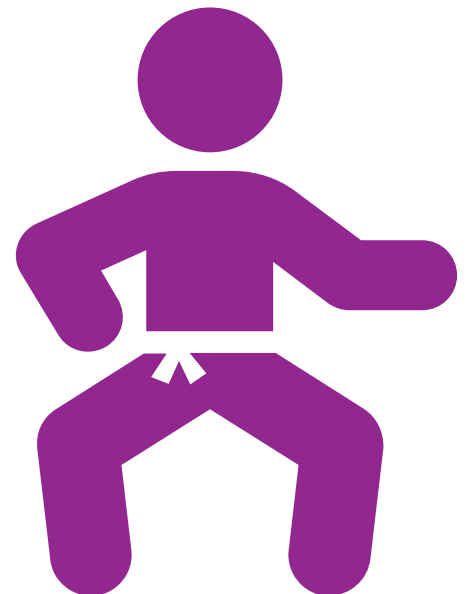
In the Loft and Multipurpose Room at YMCA Arlington (3422 N 13 St).

**Instructors:**

Chief Instructor M. Hanjani - 5th Dan  
Assistant Instructor Ducie Le - 3rd Dan

**Program & Membership Fees:**

Cost for Full Privilege Members	\$219
Cost for Program Members	\$249
Annual Youth Program Membership Fee	\$45
Annual Adult Program Membership Fee	\$70



For more information, visit [www.jkavirginia.com](http://www.jkavirginia.com) or call 703-525-5420.