

## SHOTOKAN KARATE

Shotokan Karate is a traditional Japanese martial art. All students will be trained in stances, body movement, blocking, punching, kicking and striking. Advanced students may be taught throwing and joint manipulation techniques. Students will develop both physically and mentally as the classes will be conducted stressing the principles of character, sincerity, effort, etiquette and self control. Ranking examinations, training camps, and tournaments will be available through the International Shotokan Karate Federation (ISKF) for additional fees for those students interested. Uniforms will also be available for purchase.

**CODE: 240404A**

Ages: 7 - 12 and beginners of all ages  
Date: Tuesdays & Thursdays, 1/3 - 3/13 (no class 2/2) (10 weeks)  
Time: 6:00 - 7:00 pm  
Fee: \$60.00  
Location: Spring Ridge Middle School - Exercise Rm [Map/Directions](#)  
Instructor: Paul Willoughby



## SHOTOKAN KARATE

**CODE: 240404B**

Ages: 13 – Adult (Intermediate & Advanced)  
Date: Tuesdays & Thursdays, 1/3-3/13 (no class 2/2) (10 weeks)  
Time: 7:00 - 8:00 pm  
Fee: \$60.00  
Location: Spring Ridge Middle School [Map/Directions](#)  
Instructor: Paul Willoughby

## SHORIN RYU - Beginners

Program offers a challenging learning experience developing physical skills, fitness, as well as developing self discipline, self confidence, mental focus, concentration, character, and a positive attitude. Programs takes students from beginning to advanced levels, helping students develop effective self defense skills as well as self expression through kata training. Students learn basic stances, blocking, punching, kicking, and other advanced techniques as they progress.

**CODE: 240406A**

Ages: 8 – 12 years  
Date: Tuesdays, 1/3 - 3/6 (10 weeks)  
Time: 6:00 - 7:00 pm  
Fee: \$45.00  
Location: Leonardtown Middle School, Exercise room  
Instructor: Duke Vo



**CODE: 240406B**

Ages: 13 & up  
Date: Thursdays, 1/5 - 3/15 (no class 2/2) (10 weeks)  
Time: 6:00 - 7:00 pm  
Fee: \$45.00  
Location: Leonardtown Middle School, Exercise room  
Instructor: Duke Vo

## SHORIN RYU – Advanced

**CODE: 240406C**

Ages: 12 & up  
Date: Tuesdays & Thursdays, 1/3 - 3/13 (no class 2/2) (10 weeks)  
Time: 7:15 – 8:15 pm  
Fee: \$60.00  
Location: Leonardtown Middle School, Exercise room  
Instructor: Duke Vo

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## BEGINNERS TAE KWON DO

Tae Kwon Do is a form of oriental martial arts composed of diverse offensive and defensive movements. It includes physical techniques and mental discipline. In the course of Tae Kwon Do practice, children are sure to find themselves more self confident, armed with strengthened will power and free of petty envy or cowardice. The spirit of Tae Kwon Do is a philosophical guide toward a happy and healthy life, both physically and mentally. **These are 10 week programs. Students may sign up for one 10 week session.**

## ALL CLASSES Both Locations: AGES: 4 & up (all ages practice together) Fee: \$55.00

### Location: Black Belt Academy, California MD

#### Day: Monday, 1/9 - 3/12

CODE	TIME
240405A	5:10 - 6:00 pm
240405B	6:00 - 6:50 pm
240405C	6:50 - 7:40 pm
240405D	7:40 - 8:30 pm

#### Day: Tuesday, 1/3 - 3/6

CODE	TIME
240405E	4:20 - 5:10 pm
240405F	5:10 - 6:00 pm
240405G	6:00 - 6:50 pm
240405H	6:50 - 7:40 pm

#### Day: Wednesday, 1/4 - 3/7

CODE	TIME
240405I	5:10 - 6:00 pm
240405J	6:00 - 6:50 pm
240405K	6:50 - 7:40 pm
240405L	7:40 - 8:30 pm

#### Day: Thursday, 1/5 - 3/8

CODE	TIME
240405M	4:20 - 5:10 pm
240405N	5:10 - 6:00 pm
240405O	6:00 - 6:50 pm
240405P	6:50 - 7:40 pm

#### Day: Fridays, 1/6 - 3/9

CODE	TIME
240405Q	5:10 - 6:00 pm
240405R	6:00 - 6:50 pm
240405S	6:50 - 7:40 pm
240405T	7:40 - 8:30 pm

#### Day: Saturday, 1/7 - 3/10

CODE	TIME
240405U	9:30 - 10:20am
240405V	10:20- 11:10am

### Location: Black Belt Academy, Leonardtown MD [Map/Directions](#)

#### Day: Monday, 1/9 - 3/12

CODE	TIME
240407A	5:10 - 6:00 pm
240407B	6:00 - 6:50 pm
240407C	6:50 - 7:40 pm
240407D	7:40 - 8:30 pm

#### Day: Tuesday, 1/3 - 3/6

CODE	TIME
240407E	4:20 - 5:10 pm
240407F	5:10 - 6:00 pm
240407G	6:00 - 6:50 pm
240407H	6:50 - 7:40 pm

#### Day: Wednesday, 1/4 - 3/12

CODE	TIME
240407I	5:10 - 6:00 pm
240407J	6:00 - 6:50 pm
240407K	6:50 - 7:40 pm
240407L	7:40 - 8:30 pm

#### Day: Thursday, 1/5 - 3/8

CODE	TIME
240407M	4:20 - 5:10 pm
240407N	5:10 - 6:00 pm
240407O	6:00 - 6:50 pm
240407P	6:50 - 7:40 pm

#### Day: Fridays 1/6 - 3/9

CODE	TIME
240407Q	5:10 - 6:00 pm
240407R	6:00 - 6:50 pm
240407S	6:50 - 7:40 pm
240407T	7:40 - 8:30 pm