

Kids Karate Classes

For children & teens 5 to 18 years of age, come out and learn traditional karate.

These karate classes introduce the on-guard position, stances, blocks, hand strikes and kicks as well as traditional katas.

Emphasis is placed upon core skill development, including focus, balance, strength and coordination.

**Fraser Academy
Gym** 2294 West 10th Avenue
Vancouver, BC

Tue & Thu:

All Ages:

3:00pm til 4:30pm



**Shintokukai
Karate-Do**

Total Self-Confidence With Grace
www.shintokukai.com

To inquire or register for on-going kids karate classes, please contact us at 778-895-7301 or by email at info@shintokukai.com

Adult classes also available. Please visit us at www.shintokukai.com.



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Shintokukai has been providing specialized, custom-designed classes in Greater Vancouver for young people of all ages and abilities since 1991.

Physical, not violent

Although highly physical, Shintokukai Karate is not violent in nature. Our viewpoint is that karate is not meant to be a contest between persons, but rather, a last resort method of personal protection, as well as a journey of self-development. In short, we take very seriously our promise, and subsequent responsibility, to provide one of the most reliable, tried and proven self-defense systems found anywhere in the world.

Karate begins and ends with respect

A central message of our program is respect. Respect for one's parents, teachers, peers, and very importantly, one's self. To foster this belief, good citizenship and respectful behavior are strictly enforced within our program. We believe the sense of respect and confidence developed in our program can form the foundation for a lifetime of strong self-esteem and a positive self-image – strong enough to say 'no' to drugs, or crime, or other forms of negative peer pressure. Moreover, this positive sense-of-self will continue to serve our students throughout adulthood. And this, we are proud to say, is the true purpose of our program.

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