

# Adult & Teen Beginner's Karate/ Self Defense



**NOW**  
Included  
with your  
Membership!

**IN MULTI-PURPOSE ROOM**  
**ADULT & TEEN KARATE**  
**CLASSES!**  
**TUESDAYS & THURSDAYS**  
**7:00 PM - 8:30 PM**

Beginners accepted the first 2 weeks of every month!

- This dynamic martial arts based class focuses on all aspects of traditional Shorin-Ryu karate, taught by a certified black Belt.
- Self-defense will focus on real life application.
- Participants must be 14 years of age unless approved by the instructor.
- All fitness levels welcome! No experience needed.

**Your instructor is a  
Certified Black Belt in:**  
Shorin-Ryu Matsumura Seito  
Karate and Kobudo.

- Sensei (instructor) for: karate, empty hand self-defense, joint

locks and weapons.

[www.YMCAKarate.com](http://www.YMCAKarate.com)

## *Great for Teens & ALL adults!*

### **Financial Assistance**

The YMCA of Snohomish County makes every reasonable effort to ensure that no person, especially youth, will be denied access to programs and membership because of financial hardship. The YMCA's Financial Assistance Program is supported by contributions to our annual Invest in Youth campaign and United Way. During 2007 approximately \$1,703,672 was provided in direct financial assistance to 4,518 individuals.



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### **Our Mission**

The YMCA of Snohomish County is composed of people of all ages, ethnic backgrounds and religious affiliations united in sharing the values of caring, honesty, respect and responsibility through programs that build strong kids, strong families and strong communities.