



KEISHIN KARATE KAI @
Duluth Community School
KARATE for Adults

STARTING
JANUARY 11, 2016

Adults (16 years +) Karate Class

Class Schedule: Mondays & Thursdays

6:30—7:30 p.m. Beginners Class / Basic techniques

7:30—8:30 p.m. Advanced Class / Advanced techniques

Location: DULUTH COMMUNITY SCHOOL

**REGISTER
NOW!**

- Koto Su Ha Shito-Ryu Karate
- Katsu-Ryu Kempo
- Koga-Ryu Kobudo
- Self Defense



KEISHIN KARATE KAI

Senior Instructor: Renshi Sensei Nadine Oka—4th Degree, Yondan

Chief Instructor: Kyoshi Larry Griffin—7th Degree, Sichidan

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