



KARATE

Learn the art of self-defense through drills in kicking, punching, and blocking in this martial art called Shotokan Karate. The course will help develop flexibility, self-discipline, stamina, concentration, and courage.

- *Master Espiritu is a 9th degree black belt*
- *Three time All-Philippines National Champion*
- *Head instructor of eight Karate Chapters in the Philippines*
- *Illinois Forms Champion*
- *Master Espiritu has taught colleges, high schools, and physical education classes*
- *Master Espiritu has taught self-defense to police and security organizations*

FOR: Ages 6 through Adult

DAY/TIME: Arnis Stick Fighting • Saturdays 11:30am-1:00pm
Shotokan Karate • Saturdays 1:00-3:00pm
Advanced Class • Sundays 2:00-4:00pm

Azodans Martial Arts Worldwide

