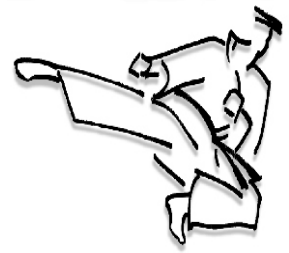




# Karate Do, LLC

## Field Trips



For those school, recreation centers, camps, and clubs that are looking to give their participants a taste of the martial arts; Karate Do, LLC offers its facilities and instructors for field trip groups. We provide an appropriate environment for the group to exercise, learn some martial arts techniques, work on teamwork skills, and have a little friendly competition (usually a relay race.)

We do a least one Dragon Treasure Pass!

Exercises are very age appropriate, as is the length of time on the floor between breaks. A water fountain is available close to the floor area. Bathrooms are directly off the work out area.

Karate Do, LLC can offer many options:

- Tables for the group to eat lunch (whether you bring your own lunch or bring pizza in)
- Provide goody bag and balloon for kids
- Learn to count in Japanese
- Learn at least one self-defense technique

Please give Pat-sensei a call to schedule and customize your field trip. The number is 978-897-5900.

*Remember, the martial arts begin and end with respect.*

