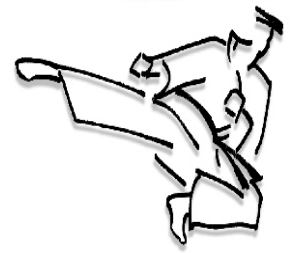




Karate Do, LLC

School Goals and Description



The goal of Karate Do, LLC is to make our students more successful in life through the study and practice of Uechi-Ryu (way-chee-roo) Karate. We do this by teaching karate as a complete discipline of mind, body and spirit. In the development of practical self-defense skills students improve their flexibility, strength, coordination and overall physical well-being. In addition, they enhance their focus and concentration while acquiring effective stress relief techniques.

Our method of martial arts instruction puts emphasis on cooperative development rather than peer competition; one enjoys the camaraderie, exercise and stress relief studying Uechi-Ryu karate. Our style's emphasis on technique over strength makes it a style suited to all ages and both sexes. Women, men, boys and girls will all achieve improvements in physical and mental performance - all while having fun!

Classes are designed to provide an excellent workout in a convivial atmosphere. Each class contains segments devoted to warming up and stretching, working on traditional karate skills, various high energy drills of attack and self defense, some intense aerobic exercises, and cool down period. Most adult students attend two ninety minute classes a week; all children's classes are 45 minutes except for the Little Ninjas program for 4- to 6-year-olds, which meets for 30 minutes.

The Dojo, or training hall, at Karate Do is bright and spacious. The 1300-square-foot training floor provides an excellent exercise area. The floor is covered with two-inch martial arts pads to provide a safe surface for martial arts activities. There is 50 feet of mirrored wall for self-observation drills and there is 20 feet of padded wall for striking practice. In addition to the main training area, the Martial Art Center has changing rooms, a guest spectator area, warm-up and snack area, and office space. The entire facility is air conditioned for year-round comfort and there is ample free parking.

Classes are run on an open enrollment basis for ages four (4) and higher. Call to arrange a convenient time to discuss our program in depth, or even better, take advantage of our **free, no-risk introductory classes**; join in one or two regular classes with Sensei Pat at **no charge**. Get acquainted with dojo protocol, learn some basic punching & kicking, and see what Uechi karate is like for yourself!

