



Karate

Programs for all ages



Taught by
Sensei Elliott Taylor
national champion
www.FonsecaMartialArts.com

LITTLE DRAGONS

AGES 3 - 6

Saturday 10:45 - 11:15 Beginners

Saturday 11:20 - 11:50 Continuing Students

The Little Dragons program will enhance positive development in a fun and motivating environment. Your child will build balance, coordination, self-control, and listening skills while learning age-appropriate karate basics like blocking, kicking and simple strikes.

These skills will be developed with Sensei Fonseca's positive and encouraging instruction.

YOUTH / ADULT KARATE

AGES 7 & UP

Saturday 12:00 - 1:00

In this class, students will learn the blocks, strikes and techniques necessary to advance through the ranks of the traditional Japanese art of karate. Taught by World Champion Sensei Fonseca, students will be challenged towards their personal best and provided with the opportunity and experience to foster a strong belief in themselves. In addition to developing confidence, physical fitness, focus, self-defense, and safety skills, this class will introduce students to traditional Japanese language and culture while building respect for themselves and others.