

CHILDREN'S KARATE CLASSES

Grades 1-5

GILFORD *Youth* CENTER

THURSDAYS, 6:30-7:30PM

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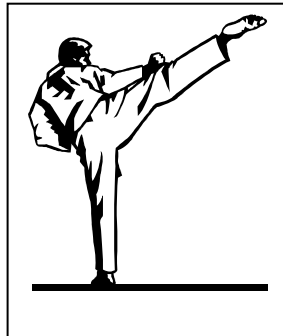
JANUARY- MARCH 2010
Gilford Youth Center
19 Potter Hill Road, Gilford, NH

SACHEM SELF-DEFENSE SCHOOL

WWW.SACHEMSELFDEFENSE.COM

524-4780

The Gilford Youth Center is proud to announce that it will be offering children's karate classes in January and February. Sensei Russell Jones will be teaching Shudokan Karate, which is a martial art rich in history and tradition. Shudokan's aerobic techniques enhance self-defense and optimum health. Through this system, Sensei Jones generously promotes the health of students of all ages and backgrounds through his practical self-defense system.



No Prior Experience Needed.

* Uniforms are not required*
but can be purchased through
Sensei Jones.

About the Instructor

Sensei Russell Jones is a Disciple of Grand Master Pete Rose. Mr. Jones started training in 1985 under Grand Master Rose in Portsmouth, NH. Sensei Jones founded the Waterville Valley Martial Arts School in 1992 and the Sachem Self-Defense School in 1994.

COST

\$50 per month (4-5 Classes)

Questions about the program?

Contact Russell Jones at:

524-4780



How to register

To register for this program, please pick up a registration form at the Gilford Youth Center, or download/print a registration form on the main page of this website. Forms can be mailed or dropped off to the Gilford Youth Center, 19 Potter Hill Road, Gilford, NH 03249