

# SUMMER KICKS IN at Desa School of Karate!

Today martial arts teaches much more than self defense. Not only does it keep you physically fit, but it builds character, self discipline, self confidence, concentration level and helps prepare both children and adults for the challenges they'll face in life.



## At Desa School of Karate we offer:

- Separate classes for children & adults
- Facility specifically designed for martial arts training
- Daytime & evening classes
- Year round instruction
- Special family rates



## **Sensei Manuel deSa**

3 Rowland Crescent, St. Albert, AB T8N 5B3

**780.458.6931**

[www.desakarate.com](http://www.desakarate.com)

## **KID POWER**

### **BULLY DEFENSE PROGRAM**

6- 12 years

- How to handle a bully situation
- How to build self confidence
- Learn safe evading techniques

**Tues, Aug 24 - St. Albert dojo**

**Thurs, Aug 26 - Cardiff Hall**

10:30 - Noon

## **SPARRING CAMP**

### **ALL STYLES WELCOME!**

6- 12 years

- Individual and partner training
- Heavy bag training
- Mini tournament

**August 10-11**

10:00 - 11:30 - Beginner/Junior Levels

10:00 - 12:00 noon Senior Levels

## **KICKSTART**

Our popular program for 4-5 year olds is back for a summer session!

**Wednesdays, July 7 - August 11**

4:15 - 4:45 pm

or

**Mondays, July 12 - August 16**

11:15 - 11:45 am

(No Class August 2nd)

Space is limited, so register early!

## **SUMMER SPECIAL**

**July 5 - August 27**

New students are invited to experience St. Albert's most successful martial arts program this summer! Special includes unlimited training, uniform and GST.

**DROP IN FOR A FREE INTRODUCTORY CLASS!**

CALL FOR CLASS TIMES or VISIT OUR WEBSITE