

# YES YOU CAN

**KARATE TRIAL PERIOD JUST \$49**

**INCLUDES UNIFORM AND ALL CLASSES FOR ONE MONTH**

During the trial period, we'll focus on the basics, including: attention stance, listening stance, horse stance, karate punch, front side and round-house kicks, and high, middle and low blocks.

Students will learn self-defence including single waist escape. Our instructors will also discuss simple rules to stay safe.

Our whole-life approach to karate ensures each person progresses at his/her own pace.



We focus on self-esteem, self-defence, setting and reaching goals, streetproofing and physical fitness, all the while blending martial arts with school, home and fun.

If the student decides to continue martial arts training, the \$49 cost is applied as a full credit towards the Red Belt program.

Please contact Grand Bend Fitness Centre today for more information.

**THE FUTURE IS IN YOUR HANDS**



**Grand Bend Fitness Centre**

37 Ontario St., Grand Bend (behind Tim Hortons) • 519-238-3488