

**Bloomington Normal YMCA**



**New  
Class!**

***Central Illinois Karate Association & the YMCA  
General Shotokan Karate Classes  
Friday, March 5th, 6:30 - 7:30 pm  
Ages 10 yrs and older***

The new session will begin on Friday, March 12th  
**REGISTER AT THE YMCA FRONT DESK**

**Call 309-827-6233  
For more information**

The art of traditional Shotokan Karate includes punching, striking, kicking and blocking without the use of any of any weapon or instrument. Not only is Karate the most effective means of self-defense, but it is also an ideal means of physical development. Because of the the scientific rationale of the training, the body is developed as a balanced whole. It develops coordination, agility and trains the student to channel mental energy in a positive manner. This course is taught by instructors of the Central Illinois Karate Association. This organization has taught thousands of Central Illinois students the art of Shotokan Karate since 1967.

***[www.bnymca.org](http://www.bnymca.org)***

