

Club Naha

Way of Change



Where: Belgrade Community Center

AGE: Ages 7 and older
Days: Mondays and Saturdays
Session: 8 weeks Cost \$ 55.00
Dates:
Time: Mon. 6-7:30 pm & Sat 10-11:30 am
Dress: Comfortable attire

Belgrade Community Center

Sensei Lynn Bailey

Wear comfortable clothing sweatpants and a tee shirt are the best. This class is an off sight program from the Alford Youth Center in Waterville. Students learn Basic kicks, blocks and punches, Judo techniques, and as they get higher in ranks weapons and fighting techniques.

Karate begins and ends with respect. Students will learn how to defend themselves, become more confident, and learn about competitions. Most testing is done at the Main Dojo, when Sensei Lynn knows the dates the students will be notified when they are ready to test.

Karate Uniforms can be ordered at any time White is the only color a student can use until they reach the rank of yellow belt in Hensen Ryu. After that they can order Black Uniforms. Student green belt and above have the opportunity to become members of the Leadership team be meeting specific criteria provided by Sensei Lynn

Sincerely yours in the Arts,

Lynn Bailey