

KOKONDO KARATE PROGRAM



Traditional Martial Arts At It's Best!



KOKONDO KARATE provides a **SAFE, Realistic Approach** to martial arts training with the emphasis on **Self Defense**. Students develop true self confidence in themselves and a sense of pride that comes from doing their best. This is **not** sport karate, there is no sparring or competition for trophies. Self defense is not a sport!

**No Contracts
No Hype**

**No Competitions
Join Anytime**

CO-ED YOUTH / TEEN / ADULT CLASSES



YOUTH CLASS BEGINS SEPT. 10TH

Youth Class: Mondays 6:30 - 7:30pm

Ages 8 to 12 **Only \$35** (10 week sessions)

Teen/Adult Classes: In Progress

Mondays: 7:30 - 9pm **Thursdays:** 7:00 - 8:30pm

Teen: \$30/month (2 classes/wk)
\$16/month (1 class/wk)

Adult: \$45/month (2 classes/wk)
\$23/month (1 class/wk)

NON-RESIDENTS ADD \$5.00 to all Programs

Kokondo Karate Promotes
Authenticity Self Confidence
Self Discipline Responsibility
Safety Mutual Respect



Griswold Youth and Family Services
Griswold Recreation Department

I.K.A. Certified Instructors:
Master Thomas Phelps (Chief Instructor)
860-376-5680

E-Mail: kokondogris@comcast.net
Website: www.kokondo.org

Dan Sadowski: Assist. Instructor - 4th Dan
Paul Perkins: Cert. Instructor - 4th Dan

Traditional Martial Arts Training in Griswold Since 1994

GRISWOLD MIDDLE SCHOOL CAFETERIA