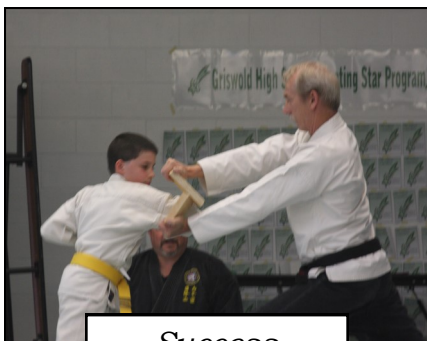


# MARTIAL ARTS PROGRAM

CO-ED YOUTH / TEEN / ADULT



Success

## KOKONDO KARATE

Discover Authentic Martial Arts

### Kokondo Karate Promotes

Authenticity  
Self Discipline  
Safety

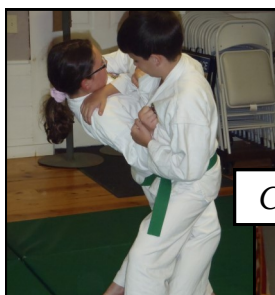
Self Confidence  
Responsibility  
Respect for Others

**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!

### Traditional Martial Arts At It's Best!

**No Contracts**  
**No Hype**

**No Competitions**  
**Join Anytime**



Confidence



Working Together

### YOUTH CLASS BEGINS SEPT. 12TH

**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**

#### **I.K.A. Certified Instructors:**

Thomas Phelps (Chief Instructor)  
860-376-5680

**E-Mail: kokondogris@comcast.net**

**Website: www.kokondo.org**

Dan Sadowski (Assist. Instructor)  
Paul Perkins (Cert. Instructor)



Griswold Youth and Family Services  
Griswold Recreation Department

**Traditional Martial Arts Training in Griswold Since 1994**

**GRISWOLD MIDDLE SCHOOL CAFETERIA**