



Washington Shito Ryu Academy

At Cascade Ridge School

(206)432-9354

Practice Karate for Mind | Body | SPIRIT

Karate training develops Self-awareness, Self-Discipline, Concentration, Focus, and Determination.

Body: Improve stamina, strength, and overall physical health and fitness.

Spirit: Build a strong, confident, and determined character

Mind: Positive mental attitude, and a sense of accomplishment.



TIME	Beginning October 4, 2018
3:45-4:45pm	10 Week session; \$275.00
Ages	5yrs-12 yrs

Classes are held Thursdays on the Stage

Call 206-432-9354 or email to request a registration form

info@washitoryuacademy.com



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