

SHOTOKAN KARATE

Classic Japanese Martial Art

**Through a series of practical drills
you'll learn and gain:**

- Tournament Training
- Kickboxing Techniques
- Cardiovascular Exercise
- Self Discipline

Time: Tuesdays & Thursdays
from 7:30 - 8:30pm
Saturdays from 12noon - 1pm

Cost: \$80 per month

**Fairfax Shotokan Karate-Do also provides
individual and group instruction.**

For more information please contact Samantha Ellis
at 703-442-9150 or email sellis@sportandhealth.com



SHOTOKAN KARATE Registration Form

Name _____

Address _____

Phone # (h) _____ (w) _____

E-mail address _____

Member# _____

Type of Payment: Cash Check MasterCard
 Visa AMEX Discover

Card #: _____ Exp Date: _____

Signature: _____ Date: _____

Payment must accompany registration form.

RELEASE: In consideration of making facilities and/or services available, I do hereby for and on behalf of myself and my heirs and legal representatives, release and forever discharge Sport & Health, its owners, manager and representatives from any and all claims and demands of every kind, nature and character which I may have or hereafter acquire for any and all damages or losses which may be suffered or sustained by me in connection with my activity and all such claims are hereby waived and released.

sport&health

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sportandhealth.com

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