

HOUTZ OF POWER

Beginner karate boot camp

Self defense & Fitness

Ages: 8-Preteens



FEATURING:

Training that is designed to

- * improve your child's social skills,
 - * Work in a team-like environment.
 - * Building confidence & leadership
 - * Time management and structure
 - * Bully prevention tactics.
 - * Strength and Conditioning
 - * Learn basic karate techniques
 - * Self-defense / falls and Rolls
 - * healthy & diet tips
- * Students are tested after 10-12 weeks
& invited to join our advance group
Website: PowerOfSelfGoju.org
Registration is now open.



Tuesdays & Fridays
6:30 pm - 7:30 pm

*Registration is now open.
Lessons are free!*



First training session
April 8, 2025

Johnson Community Center, 1833 Lexington Avenue

For more information, Contact Dave Thomas (917) 405-8814
also check out our open registration for teenagers and adult classes
Tues/Friday, 7:00-9:30 pm, Saturdays 1:30-4:30 pm

