

KARATE



**Mondays,
Wednesdays &
Thursdays**

5:30-7:30 pm

Children 7 to 17

**Kūlia Youth
Center**

KARATE INSTILLS:

- Self-Defense
- Mental Discipline
- Physical Fitness
- Character Building
- Respect for Others
- Refrain from Violence

**Contact
Resource & Referral
257-7430**

