



HAVE YOU EVER WANTED TO TRY KARATE?

**Here is your chance,
in your own community!**

Starting ***this Thursday***, October 22nd, 7:00 - 8:30 PM
Blue Quill Community League 11304 25 Ave NW, Edmonton
Ages 8-80+

Karate classes for Children, Teens and Adults at Blue Quill. Learn a traditional style of Karate from a team of highly experienced and qualified instructors.

Benefits from learning karate:

- **Fitness and Overall Health:** Karate training improves flexibility, strength, coordination, and endurance of an individual.
- **Stress Reduction:** In addition to the stress reducing benefits of any physical activity, Karate also improves concentration and awareness of mental attitudes that can cause stress.
- **Self-Confidence:** Traditional Karate places special emphasis on building character, and focuses on increasing self-confidence, awareness, and perseverance through repetitive physical and mental exercises.
- **Self-Defence:** Learn traditional, effective and proven defence skills.

This is a family program, where Parents and Children can learn together in the same class. With multiple instructors everyone gets a good workout and learns something.

FREE TRIAL CLASS
THURS OCT 22,
7PM

The Alberta Shito-ryu Itosu-kai Karate and Kubudo Association (<http://itosuryu.com/>) has been offering traditional Karate classes in Edmonton and area since 1979. We are a non-profit association with volunteer instructors delivering a traditional, recognized karate program. We are excited to be returning to Blue Quill to offer classes again.