

McClaskey Adult Center

Thomas Jefferson Branch @ 2635 Chestnut Hill Drive

(916) 382-5939

Beginning Traditional Uechi - Ryu Karate

Monday/Thursday nights from 6:30 pm - 8:30 pm



All Classes in McClaskey Adult Center Rm. 1 @ Thomas Jefferson Branch.

**Goal of Karate is to develop a strong character by
bringing harmony to the mind , body and spirit.**

For Information and Registration:

(916) 801-9735 or vandervolgenjr@yahoo.com

Last Name

First Name

e-mail

Home Phone

Cell Phone

Address

City

Zip

*** Must be 18 yrs or older**

Make checks payable to CGNA Foundation: \$20/month Donation