

KARATE

COQUITLAM SHOTOKAN KARATE CLUB

Est. 1983



- **Improve School Grades**
- **Concentration • Self Control**
- **Fitness • Flexibility and Confidence • Reduce Stress**
- **Become more energized and have Fun!**

Traditional Karate
Sport Karate
Kobudo (*Weapons*)
Self Defence
Street Proofing

Classes for children 8 yrs and up, teens and adults Tuesday/Thursday evenings
Nestor Elementary School 1266 Nestor Street, Coquitlam

No legally binding contracts Affiliated: ShotoCanada & Karate B.C.

REGISTER NOW FOR FALL

For more information call: 604-945-9877

or email: emscases@telus.net

Chief Instructor:

Mike Scales

7th DAN

Provincial

Masters Champion