



# **Victory Bushin Kan Dojo**

## **PROGRESSIVE MARTIAL ARTS PROGRAM**

### **KARATE AND SELF-DEFENSE**

This is an accredited and progressive martial arts program providing exciting opportunities to increase physical fitness, strength, flexibility, coordination, self-discipline, and self-confidence, while learning practical self-defense skills. Adults and teens encouraged.



The program is accredited and endorsed internationally by the Dai Nippon Butoku Kai (DNBK), Japan's premier martial virtue society. This is a year round progressive program. Students can earn legitimate ranking. Master instructor Larry King is a 7th degree black belt, Shihan, Kyoshi.

#### **Program Information**

<b>Session Dates:</b>	<b>09/08/09 – 10/22/09</b>
<b>Fees:</b>	<b>\$45.00 Members / \$135.00 Program Participants</b>
<b>Ages:</b>	<b>8 &amp; Up</b>
<b>Location:</b>	<b>Gym and Group Ex Studio B</b>
<b>Contact:</b>	<b>Larry King, 757-595-8100 / <a href="mailto:Info@larrykinglaw.com">Info@larrykinglaw.com</a></b>
<b>Days/Times:</b>	<b>Tuesdays &amp; Thursdays, 6:00p.m. – 8:00p.m.</b> [6:00p.m. – 7:00p.m. All Students: Beginners & Intermediate] [7:00p.m. – 8:00p.m. Ages 16 & up (Others with approval of instructor)]
<b>Registration Start Dates:</b>	<b>YC Resident-Members: 08/15/09</b> <b>Members: 08/17/09</b> <b>Program Participants: 08/19/09</b>

**Students may be eligible to participate in special events, clinics and seminars.**

The Peninsula Metropolitan YMCA is a charitable non-profit organization dedicated to building strong communities throughout the greater peninsula region. Please contact the Community Development Director for volunteer and giving opportunities.