

Isshin-Ryu Karate

Are you interested in learning the Martial Arts?

Are you interested in learning self-defense?

Coordination? Strength? Pride? Confidence?



Join us at the Radford Recreation Department and learn from 3rd Degree Black Belt Dan Kiss!

With over 10 years experience in martial arts instruction you will learn physiological awareness, self-discipline, inner and outer strength, balance, coordination, confidence, and most importantly the art of **SELF-DEFENSE!!!**

This class is for all experience levels. You must be of the age of 15 and older, and is open to all men and women! FIRST CLASS FREE!

Class begins Jan. 27th from 7:30-8:30 pm! Tue and Thur, \$40/month!



For more info call Bradley Richmond 540-731-3633

Or email @ brichmond@radford.va.us

