

# **Tiger Mountain Shotokan Karate at the Wilmot Community Association Red Barn**

Tiger Mountain Shotokan Karate is a traditional Japanese Martial Art. The Master of the style is from Japan and this style has been handed down for centuries.

We have little kids to adult classes. No one is too old to train in karate. Shotokan karate offers something for everyone.

Karate works on your focus, discipline, stretching, core, self-confidence and determination. You do not have to be in shape or know anything about karate to join.

In each class we focus on a different aspect of karate, from core training to sparring to bag work to katas to self defense, etc.

In addition to the traditional aspects of martial arts, karate is also a great way to lose weight and get in shape

Classes:

- Panthers Ages 6 – 8, Tuesdays at WCA 4:45 – 5:45 p.m.
- Tigers Ages 9 – adult, Tuesdays at WCA 6:00 -7:00 p.m.
- Tigers adult and advanced students, Tuesdays at WCA 7 – 8 p.m.

Prices are \$65 per month. We are year round.

We also train in Andover on Mondays and in New London on Wednesdays.

Come on down to the WCA or **call Sensei Gayle at 477-3174.**