

SOUTH SHORE SHOTOKAN KARATE CLUB

Register at any time.

Shotokan Karate is a self-defence art, utilizing striking, blocking, kicking, throwing and balance disruption techniques. Classes consist of conditioning/stretching, basic techniques, kata and breathing/energy. Shotokan is more than just a martial art – it's a lifestyle that aids improved cardio, energy and confidence.

Shotokan focuses on conditioning both the body and mind.

South Shore Shotokan Karate Club is a member of the CJKF and follows the principles of the Japanese Karate Association (JKA).

Young or old, big or small Shotokan has something for all ages.

Sensie Simon Davies

Tuesday & Thursdays 6:30-8:00

South Shore Rec Centre (School)

\$20/month + Rec Membership required

(must be paid at Town Office before attending classes)

All Grades welcome

Ages 6+

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or visit <https://southshoeshotokan.com>