

OKINAWA GOJURYU KARATE-DO JACKSONVILLE GOEIKAI



MONDAYS & THURSDAYS
6-7 p.m. Ages 7-15
7-8 p.m. Ages 16 and up

Instructor Steven Foster

Teaching balance and harmony,
not only in karate,
but in mind, body and spirit in general



What to bring to class:

Bring a positive attitude.

Parents are welcome to come and watch.

Uniform

All uniforms can be purchased through Steven Foster.

\$50 for members, \$60 for non-members

**Sign up at YMCA Front Desk
or call 217-245-2141 with a credit card**