

franco's

SHOTOKAN KARATE



Traditional karate training emphasizing **balance, timing, distance, focus and control** via Kata (*prearranged moves*), Kihon (*basics*), and Kumite (*sparring*).

Tuesdays & Thursdays

5:30pm - 6:15pm

Youth ages 8+/ Adult Beginner
(Boxing Studio downstairs across from Studio 1)

6:30pm - 7:15pm

Adult Int/Advanced
(Mind/Body Studio upstairs)

Saturday

11:30am - 12:30pm

All levels
(Mind/Body Studio upstairs)

\$55/month, members

\$80/non-members



registration

____ \$55/month repetitive, members
Acct # _____
(business office will charge monthly)

____ \$80/month, non-members
(a guest account is set up with a credit card
or bank account repetitive charge.)

Name: _____ D.O.B _____

Parent's Name if minor: _____

Home Address _____

City, State, Zip _____

Phone Number: _____

ONE month advance cancellation policy

**For more information contact the Registration Desk at 985-792-0205
or email at programregistration@myfrancos.com**