

*"Our mission is to inspire self-esteem and a sense of empowerment in every student who enters our dojo"*

## Class Schedule:

### **Beginner/Intermediate-**

Mon., Wed. & Thurs. 5-6 pm

**Advanced** -Mon.& Wed 6-7pm and

Thursdays 6-7:30 pm

**Tiger Cubs** (5-7 yrs. old)-

Mon. & Wed. 4-5pm

**Tiny Tigers** (3-4 yrs. old)

Wed. 3-4 pm.



# Central Valley Karate Institute

Through karate, a student will develop and learn physical fitness, mental discipline and self-defense. The physical conditioning and concentration leads students to self-confidence, and a special knowledge of being able to defend oneself. We offer a fun and safe environment where **children and adults** can learn the art of Shotokan Karate. Shotokan karate is accessible to all ages and every level of physical ability. While training, our students will get fit, improve their awareness, relieve stress and become more confident and empowered. We have general classes for all ages. Some of our specialized classes are:

**Our Tigers Cubs/Tiny Tigers classes.** These students are introduced to martial arts within our very playful and positive curriculum designed for young children.

**Women's Self-Defense.** This is a one day class. Students learn self-defense techniques that are effective in the majority of assaults. This class is a team effort between Sensei Jenny Williams and the Los Banos Police Department. Call for more details.

*Come by anytime, we hope that you will become part of our 'karate family'!*

**All classes are taught by Sensei Jenny Williams. She is a 4th degree Black Belt who is also certified in Full Impact Self-Defense.**

**Family  
specials  
available**

Central Valley  
Karate Institute

903 Pacheco Blvd  
The Rec.Hall in  
Pacheco Park  
Los Baños, CA 93635

**Phone: 209-827-4483**

**E-mail: [cvkarate@sbcglobal.net](mailto:cvkarate@sbcglobal.net)**