



---

Police Office/Director: Kevin Worth P.O. Box 203, Plainview, N.Y. 11803 Phone: 516-822-1911

# **SHOTOKAN KARATE**

**STARTS: MONDAY JANUARY 7, 2019**

**WEDNESDAY JANUARY 9, 2019**

**SENSEI: Tom Walter 8<sup>th</sup> Dan Rank, American Karate Council**

**LOCATION: Mattlin Middle School Wrestling Room**

**FEE : \$65.00 All Checks made Payable to: PLAINVIEW P.A.L.**

**DAY: Mondays or Wednesday**

**AGES: 7-18**

**TIME: Beginners: 7:30-8:30 pm  
Advanced: 7:30-9:00 pm (Green Belts & Above)**

**REGISTRATION: First night of the class you plan on attending**

**Self-Defense \* Physical Conditioning \* Self-Discipline \* Character Development**