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

# **SHOTOKAN KARATE**

**STARTS: MONDAY JULY 8, 2019**

**WEDNESDAY JULY 10, 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**

Please visit Facebook for **American Karate Council and Plainview PAL Shotokan Karate** for updates and other information

[www.plainviewpal.com](http://www.plainviewpal.com)