

SUMMER KARATE & SURVIVAL DEFENSE PROGRAMS

for Kids, Teens & Adults

at

KARATE INSTITUTE OF AMERICA

[22600-F Lambert St., 1202 [upstairs] Lake Forest, CA · 92630]



KARATE BOOTCAMP for KIDS

First session begins Monday, June 7th.

Ages: 8 to 12: 4:00pm to 4:50 pm, Monday & Wednesday

Ages 13 and up: 5:00pm to 5:50pm, Monday & Wednesday

Cost: \$150 per month

Description: Discipline, Character and Confidence building through martial arts training, skills and techniques.

Registration & Info: Richard King - 598-0152; arichking@att.net

SURVIVAL DEFENSE for ADULTS

Thursdays & Saturdays

First session begins Thursday, June 3rd

Ages: High School to Adult

Days/Time: Thursday, 6:30pm-8:00pm; Saturday, 9:00am-10:30am

Cost: \$150 per month all classes; \$75 per month four classes or \$20/class

Place: Karate Institute of America

Class Description: No nonsense self-defense skills, techniques and mindset plus excellent physical conditioning. Excellent for both females and males.

Registration & Info: Richard King - 598-0152; arichking@att.net



Instructor: Grandmaster Richard King

Richard Andrew King is Founder and Grandmaster of the Karate Institute of America, the Kiado-Ryu system of martial arts and author of "The Black Belt Book of Life: Secrets of a Martial Arts Master" available at Amazon.com. Beginning his business in 1979, King has taught over three thousand students of all ages and walks of life.

More info: www.SurvivalDefense.com, www.Kiado-Ryu.com and www.RichardKing.net