



## What Is KARATE?

Karate is a traditional Japanese martial art. Chito Ryu Karate develops students both physically and mentally to help them become their personal best.

(Karate utilizes various punches, blocks, kicks and stances in its training.)



## Physical Benefits

- > Balance to avoid falling
- > Flexibility to reduce risk of injury
- > Co-ordination to enhance fine body control
- > Muscle Strength to become stronger & more powerful

## Mental Benefits

- Focus to earn better grade in school
- Self-Confidence to make more new friends
- Awareness to defend bullies wisely and peacefully
- Respect to build better relationship with teachers and parents
- Self-Discipline to become a better individual in school and society

## Life Skills Program

**Life Lessons** - Character words are taught to initiate a discussion between parent & child.

**Report Cards** - Motivation system rewards students for making the honor roll.

**My Best List** - Establishes a system of chores & personal care at home.



## Course Content

1. Karate basics - techniques such as punches, blocks and kicks
2. Katate - karate forms and sequence of movements
3. Sparring and self-defence - application of karate techniques in real situation
4. Anti-bullying and character development - learn to deal with bullies peacefully

*Call Today for a FREE Class!*

*Earn a white belt on your first class.*

*Comes with a New Student Evaluation.*

*Frist 10 Callers get to BREAK A REAL BOARD!*

### Contact Info

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