



# SHOTOKAN KARATE CLUB

JAPANESE MARTIAL ARTS  
AND SELF-DEFENSE

New Brunswick Islamic Center, Inc.  
1330 Livingston Avenue, No. Brunswick, NJ 08902



We invite you to learn **Shotokan**—powerful Japanese style of karate. Learn the **basics of karate**, put it all together in **kata** (forms) and apply in **self-defense**.

Classes are taught by experienced and internationally recognized sensei, licensed from Japan—**7th degree black belt. (Shichi Dan)**.

**Karate is not only a great workout**, but can help your child and you in many ways—gain more confidence, improve movement coordination, increase concentration and learn to respect others.

We offer classes for children ,teenagers and adults.

**Call TODAY**

**732-501-  
2533**

**FREE CLASS AND  
DEMONSTRATION**

**SUNDAY, JANUARY 1, 2012  
11AM-12PM**