

Isshinryu Karate Classes

Our goal is to help develop children and adults to be strong in mind, body, and spirit. Isshinryu teaches more than physical self-defense. Isshinryu teaches about the reality of violence that is lost on children and young adults today with mass media influences such as video games, TV, music, and movies. By calming the fiery spirit, and enlivening the fearful spirit. Isshinryu aims to help develop balanced individuals with strength, confidence, and clarity.

Kids and Family Class: (Ages 5-10)

This 1/2 hour class is for children from 5 to 10 years old with no martial arts experience. The approach to the class is holistic and includes basic Isshinryu, self-defense awareness, gross motor activity, and group participation. We encourage parents to participate and assist with their child in class. Register for class on a Monthly basis!

Days: Friday 6:00-6:30pm and Saturday 11:30-12:00pm

Cost: \$15 per month (Plus/Family/youth)
\$30 per month (Program)

Traditional Class: (Ages 11 to Adult)

The traditional class is more formal and lasts for two one hour segments. The first hour focuses upon basic Upper and Lower Body Chart exercises and basic kata forms for students of white belt rank. Higher ranking belts (green and brown) participate and often assist the instructors with the white belts. The second hour continues with green and brown belt training and includes more advanced kata and training. Register for class on a monthly basis!

Basic Class

Days: Friday 6:30-7:30pm and
Saturday 12:00pm-1:00pm

Cost: \$30 per month (Plus/Family/youth)
\$60 per month (Program)

Advanced Class

Days: Friday 6:30-8:30pm and
Saturday 12:00pm-2:00pm

Cost: \$30 per month (Plus/Family/youth)
\$60 per month (Program)

Contact:

Griffin Beach
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Program Director

Instructors:

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