



**Empower. Grow. Succeed.**

Starting November, 2024  
Every Saturday, 10 AM - 12 PM

## Karate Classes

Empower Your Mind and Body







## Contact Us

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## Beginner to Advanced Level Courses



### EXPERT INSTRUCTION

Our instructor, Lalnunhlma (Mama), is a First Dan Black Belt in Enshin Karate, and an expert in Wing Chun Kung Fu



### CERTIFICATION

We ensure your child earns belts and certificates, recognizing their progress and accomplishments



### PERSONALIZED ATTENTION

Each student receives personalized guidance, helping them advance at their own pace and master skills efficiently



### HOLISTIC DEVELOPMENT

Beyond physical skills, our classes focus on mental and emotional growth, helping your child excel in all areas of life