SUMMER KARATE & SURVIVAL DEFENSE PROGRAMS

for Kids, Teens & Adults at RIDGECREST PARK

[Aliso Creek Road & Eastwing]
[Aliso Viejo Community Association approved program]



KARATE BOOTCAMP for KIDS

Session Begins Tuesday, July 6th.
Registration: Richard King - 598-0152; arichking@att.net
www.SurvivalDefense.com/AlisoViejo

Ages: 8 to 12: 9:00am to 9:50 am, Tuesday & Thursday Ages 13 and up: 10:00am to 10:50am, Tuesday & Thursday

Cost: \$150 per month

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

SURVIVAL DEFENSE for ADULTS

Session Begins Wednesday, June 2nd Registration & Info: Richard King - 598-0152; arichking@att.net; www.SurvivalDefense.com/AlisoViejo

Ages: High School to Adult

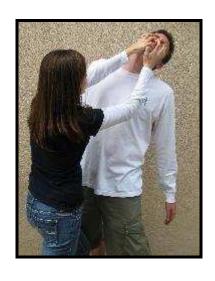
Days/Time: Monday and Wednesday; 9:00am to 10:00am

Cost: \$150 per month

Place: Ridgecrest Park [Aliso Creek Road & Eastwing]

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

females and males.





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.Kiado-Ryu.com and www.RichardKing.net