

# 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](mailto:arichking@att.net)  
[www.SurvivalDefense.com/AlisoViejo](http://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](mailto:arichking@att.net);  
[www.SurvivalDefense.com/AlisoViejo](http://www.SurvivalDefense.com/AlisoViejo)

Ages: High School to Adult

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

Cost: \$150 per month

Place: Ridgcrest 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](http://www.SurvivalDefense.com), [www.Kiado-Ryu.com](http://www.Kiado-Ryu.com) and [www.RichardKing.net](http://www.RichardKing.net)