



Folsom Lake College
El Dorado Center



Karate

Spring Semester 2017

Folsom Lake College

Karate Fitness 410

Mon & Wed 5:30 PM - 6:50 PM

For Class Registration - www.flc.losrios.edu

Folsom Lake Center (916) 608-6500

This karate class shall introduce stances and movement skills in blocking, punching and striking, kicking, kata (forms), and self-defense techniques.

The course includes all aspects of karate-specific physical conditioning as well as instruction in the history, traditions, philosophy, etiquette, manners, courtesy, and language of the martial arts.

Benefits of Martial Arts Training

- 1 Improves mental focus and concentration.*
- 2 Improves mind-body awareness and multiple sensory integration*
- 3 Improves overall physical conditioning and relaxation.*
- 4 Improves stress management skills and creative channeling of emotions.*
- 5 Improves self-defense skills, intensifying self-confidence.*



Instructor: 
Frank Gaviola