

**Karate** Classes will be given this year by Sensei Bruce Dublin, Dr. of Acupuncture and Chinese Medicine with over 20 years of teaching experience. He will teach us how to be a warrior and how to have fun while learning amazing mental and physical techniques. Details below:

**Karate** (Tora Dojo), **JKD** (Bruce Lee style), **Boxing**, **Muay Tai** (Thailand Kick Boxing), **Arnis** (stick fighting).

**Aerobic Conditioning** get into shape and lose weight while having fun

**Meditation** learn to focus your mind to improve concentration, discipline, equanimity, mindfulness and confidence.

**Relieve Stress** learn how to breath properly to reduce tension and stress

Classes start on Monday, October 7, in the Moadon Noar. The try out classes will be on this day only (one tryout class allowed) according to the schedule below.

Sensei Bruce's method is based on Tora Dojo, a style invented and cultivated by Jews for Jews, based on ancient Jewish fighting concepts, along with Thailand and Filipino fighting systems. Please visit

[www.toradojo.co.il](http://www.toradojo.co.il)

Click on the What is Tora Dojo link for more information. Sensei Bruce combines other styles to provide the most well rounded and effective martial arts experience possible.

**Schedule and prices: Please list clearly which group you are registering for.**

**Tiger Tots** (4-6yrs.) Monday - 5:00-5:45 pm - 145 NIS/month

**Kids** (7-11) yrs. Monday - 5:45-6:30 pm - 145 NIS/month

**Adults** (12 and up) Monday (Karate) (stick fighting) 6:30-8:00 pm – 200 NIS

For more information call Bruce: 052-8021436

