



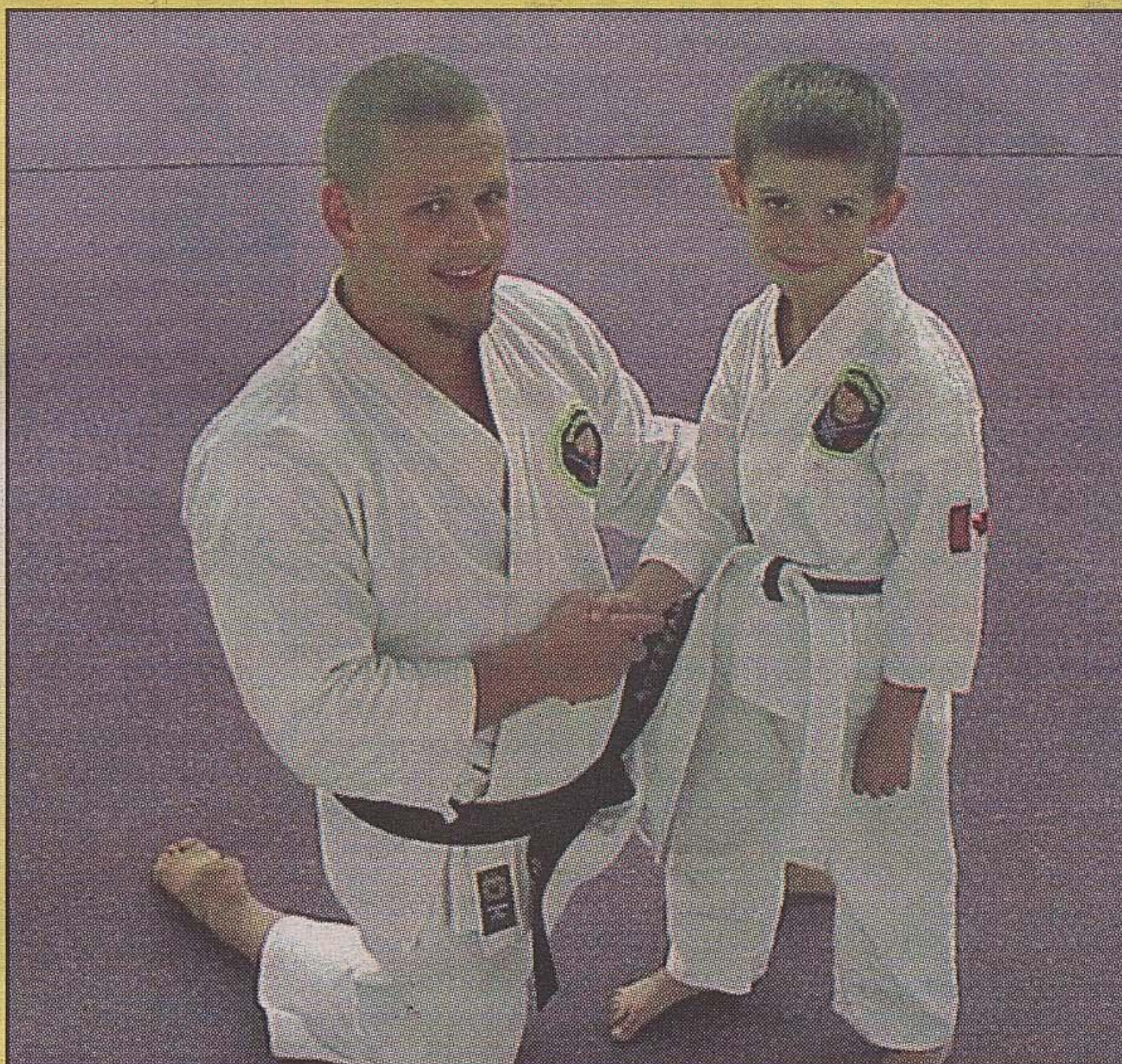
****Karate Geared to Kids****

presented by Boreland's School of Karate

See the difference karate can make in your child's life.

- Improved focus
- Improved fitness
- Improved coordination
- Improved self-esteem

**Congratulations!!!
to Cody Robson
- Sensei Chris**



**Cody graduates from the
Little Bushi Karate Program!!!**

Learn what many Halton Hills Families already know,
Karate helps kids grow up healthy, strong, confident & prepared.

Karate/Kobudo Classes:

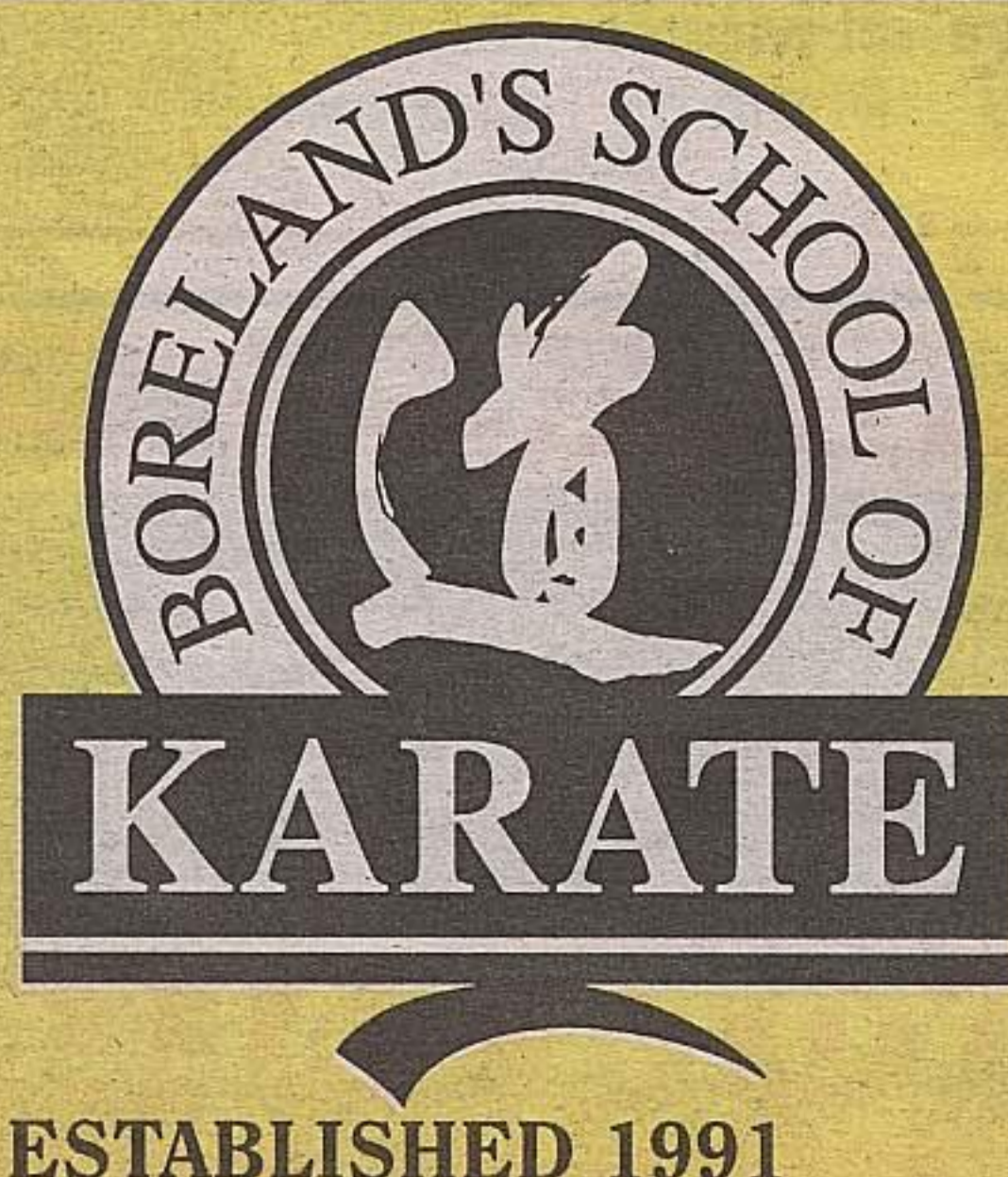
- 3 & 4 years old - L'il Dragons
 - 5 - 8 years old - Little Bushi
 - 9 - 15 years old - Junior Blackbelt
 - 16 years old and up - Adult Karate
- **Members of the Canadian Matsubayashi-Ryu Karate-Do Association

Kickboxing Classes:

- Teens & Adults
 - Over 20 classes weekly - morning/day/evening
 - Daycare in morning classes
 - Halton Hills Original Aerobic Kickboxing Program
- **Members of the Kick-Fit-Karate Canada Original Aerobic Kickboxing

**Introducing to Halton Hills another first from Boreland's School of Karate
Submission Grappling Classes**

Learn the art of 'integrated fighting' from Halton Hills #1 Martial Arts School
Classes for Teens and Adults - components of Wrestling, Karate, Judo, Ju Jitsu
**Members of the Canadian Federation of Pankration Althlima



Borelands School of Karate

235 Guelph Street, Georgetown, Ont.

873-9489 <http://web.stn.net/karate>

(Beside Brian's Food Basics & Cinemas)

