

# KENPO

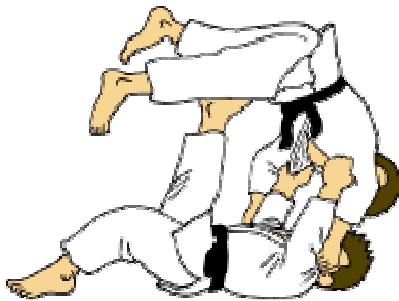
## KARATE

### *Martial Arts / Self-Defense Classes*

Through traditional Kenpo Karate training learn self-discipline, respect, gain self-esteem and a sense of personal achievement through the physical and mental challenges of martial arts.

Learn techniques to defend your-self against one or multiple attackers and apply them in local, regional and west-coast national tournament competitions.

Become physically fit, increase flexibility and coordination with a consistent total body workout.



**Class Locations:**  
Finley Butte Park Building  
  
Gilchrist School Cafeteria



**Class Schedules:**  
**La Pine:** Monday's & Thursday's: 6-pm to 7-pm Junior Class (Age 4 – 12)  
7-pm to 8-pm Senior Class (Age 13-up)

**Gilchrist:** Tuesday's & Friday's: 6-pm to 7-pm Junior Class (Age 4 – 12)  
7-pm to 8-pm Senior Class (Age 13-up)

**For More Information**  
Stop by any time, or contact:  
Head Instructor: Joseph Pace (541) 419-7975  
Instructor: Tim Murphy (541) 350-7872