



PRACTICAL OKINAWAN **KARATE**

SENSEI NOAH LEGEL

- Only practical karate program in Southern Illinois
- Teaches teens & adults authentic Okinawan Shorin-Ryu karate
- Develops effective skills for self defense and law enforcement

**STARTS
APRIL
21**

**MON & WED
5:30-7:00 PM**

 **618-532-3214**

 **REGISTRATION
OPEN TIL APRIL 20TH
8 WEEKS * AGES 13 & UP**

**\$50
MEMBER
\$65
NON-
MEMBER**

CENTRALIA RECREATION COMPLEX

115 E. SECOND ST. * CENTRALIA, IL

ABOUT THE PROGRAM

This program is the only practical karate program in Southern Illinois, and teaches teens and adults authentic Okinawan Shorin-Ryu karate in a way that develops effective skills for self defense and law enforcement. Its not just about winning trophies at karate tournaments.

You will not only learn how to perform the kihon (basics) and kata (forms) of traditional karate but also how to effectively use them in real world situations. You will learn how they can be applied in modern combat sports, like mixed martial arts (MMA).

We will also cover the traditional strength training and body toughening methods of karate while connecting you to the land of its origin through language and history, helping you improve your health and immersing you in a new and interesting culture.

ABOUT THE SENSEI



Noah Legel has been training in martial arts since 2006, currently holds the rank of Yodan (4th Degree Black Belt), and has been granted the title of Renshi (Polished Expert) in neoclassical karate.



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MUCH MORE THAN TRADITIONAL KARATE