



MATSUNOKI
MARTIAL ARTS

**DISCIPLINE.
FOCUS.
CONFIDENCE.**

KARATE

BUILDING STRONG BODIES & STRONGER HEARTS



SELF-DEFENSE

Learn skills that build safety and awareness.



FOCUS

Sharpen the mind. Improve attention and concentration.



RESPECT

Build character through courtesy, integrity and honor.



CONFIDENCE

Gain strength. Build confidence. Believe in yourself.

CLASS SCHEDULE



6:00 - 6:50 PM

LITTLE WARRIORS
UP TO AGE 10



7:00 - 7:50 PM

EPHESIANS 6
OVER AGE 10



11:30 AM - 12:30 PM

BAKER SENIOR CENTER
SENIORS

- ✓ KIDS & TEENS CLASSES
- ✓ EXPERIENCED INSTRUCTORS
- ✓ FUN, SAFE & ENCOURAGING ENVIRONMENT
- ✓ BUILDING CHARACTER ON & OFF THE MAT



**TRAIN TODAY.
TRANSFORM TOMORROW.**



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FCCNAPLES.COM/KARATE