

Do you know
the best kept
secret to
building greater
confidence and
self control ?

KARATE

The secret is out !



We are qualified to answer
your questions

Sensei Elyse Johanis
(Hons. B.A. Psych)
School Director
(Black Belt Instructor)

Shihan John Johanis
(5th Degree Black Belt)
Master Instructor

www.johaniskarate.com

Adult Karate

Life Skills & Life Strong



ADULT KARATE

Johanis' Karate School
98 First Street, Orangeville
941-0573
Johaniskarate.com

Adult Karate

Our karate classes relieve stress

Karate classes are well known for their stress relieving benefits. The emphasis on mind-body-spirit training goes far beyond the benefits of standard health club type exercise programs.

Personal best builds confidence

The confidence building part of our program is what Adult students appreciate the most. Nothing can take the place of the security in knowing that you can defend yourself, if you have to.

S.A.F.E.

At our school, everything we teach is reality based.

Simple, Assertive, Fast, Effective.

Our instructors work really hard to insure that our students learn to defend themselves with practical self-defense techniques.

Friendly & Fun

The reason our program is so successful is because we make classes friendly, fun and exciting. We learned a long time ago that when our Adult students are having fun they learn so much more.

Adult Karate Program

Unlimited Classes

*minimum of two classes per week is required

Free Uniform & Crest

Belts/Stripes/Grading Fees

*included with your monthly program

National Rank Certification

*Awarded at Belt Graduation Ceremony

KARATE SKILLS

*Blocks *Stances *Kicks *Punches *Strikes

*Sparring *Combinations *Safety drills

*Kata (muscle memory)

SELF-DEFENSE

* Awareness * Evasion Techniques * Applications

* Vocal development

SOCIAL SKILLS

* Focus *Team work

* Vocal development & Awareness

PHYSICAL FITNESS

* cardiovascular conditioning * core strengthening*

Flexibility * Balance & Stabilizers * Endurance

* Co-ordination and Speed

LIFE SKILLS COACHING

*Goal Setting *Confidence *Black Belt Attitude

* Leadership *Message of the Week

Adult Karate Quickstart Program

1 month
Unlimited Classes

\$174. + h.s.t.
(includes uniform
& crest)

**PRIVATE LESSONS
AVAILABLE UPON
REQUEST**