

# Grey-Bruce Ryusei Karate-do

[www.greybrucekarate.ca](http://www.greybrucekarate.ca)



## Walkerton Dojo

### Why is Karate Good for Adults and Youth?

- It's a physical as well as a mental exercise.
- It cultivates a fighting spirit, something other activities don't do.
- It really boosts your confidence and self awareness.
- The focus is on self defence. Anyone can do it. You don't have to be an athlete.
- You are only competing against yourself - it's for realizing your individual potential.
- In RYUSEI KARATE DO, we combine punches, kicks, strikes and blocks typical of karate as well as throws, joints locks and pressure point tactics. It's a well-rounded system created for self-defence.
- You get to interact with others in a combative situation that is controlled and safe, but you really get to see how effective Karate is as an art of self-defence.
- It's an art - a lifelong pursuit to perfect one's self.

**Where?** Walkerton Community Center - Auditorium, Tuesday and Thursday nights 7:00pm to 8:30pm. Ages 12+

**Instructor?** Matt Mannerow, a 5<sup>th</sup> degree black belt and master instructor with more than 22 years experience training and teaching in the Grey-Bruce area. For more information:

[mannerow@greybrucekarate.ca](mailto:mannerow@greybrucekarate.ca) or 519-379-3500

**Class Signup Contact?** Lynn Davidson, Walkerton Recreation Department, 519-881-0625