

# Grey-Bruce Ryusei Karate-do

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



## Walkerton Dojo

### Why is Karate Good for Children and Families?

- It's a physical as well as a mental exercise.
- Anyone can do it. It gets your child moving.
- Karate really helps to boost your child's confidence and self-awareness.
- It's a family activity that parents can do with their children, helping each other out along the way.
- It gives children a chance to interact with and help one another. They work together doing self-defence moves or kumite (fighting) in a controlled environment, helping each other to learn.
- It cultivates a fighting spirit, something not done with other activities. You and your child can use to get out of potentially bad situations - often without fighting; just by being calm and more aware.

**Where?** Walkerton Community Center - Auditorium, Thursday night 7:00pm to 8:00pm. Ages 6+

**Instructor?** Matt Mannerow, a 5<sup>th</sup> degree black belt 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