

LEARN MARTIAL ARTS

571-241-6733

Classical Okinawan Karate

Training in blocking, punching, kicking, grappling, nerve and vital point striking and weapons make up the art of Ryu Te®, which stands for ancient Okinawan hand. Learn effective and practical defense techniques by studying katas and exercises designed to teach proper body movement for defense.

Where: Boys and Girls Club of Manassas
(behind Jennie Dean Elementary off Wellington Rd)

Times: Youth: M and W from 5-6pm
Adult: Mondays from 6:30-8:30pm

Other: No prior training required. Free two weeks of training with no commitment.

Website: www.virginiaryute.com

