



Karate for kids

- Improved focus, concentration and self-discipline
- Perseverance to achieve goals and winning attitude
- Increased self-confidence and self-defense skills

Karate for adults

- Get in shape while improving flexibility and motivity
- Relieve stress and allow for personal growth
- Dynamic self-defense techniques

KARATE

LEARN FIRST HAND THROUGH
CERTIFIED FEDERATION
MASTER INSTRUCTOR
MICHAEL BIRCH

- Classes are Tuesday / Thursday evenings for ages 7 and up.
- Being held at the
Otsego County Sportsplex
1250 Gornick Ave
Gaylord, MI
- Email Master Birch for more information at michaelbirch989@gmail.com

