

Other Benefits

- Locations Throughout the Twin Cities
- All instructors certified 1st degree or above Black Belts
- Flexible scheduling with classes available 6 days a week
- First class by appointment only



Experience Results you can See and Feel!



Don't worry about being in top condition before beginning classes because USA Karate's "total body exercise" will soon put you in peak condition. With USA Karate you will not only SEE the difference, you will FEEL the difference.

"USA Karate has given my shy children confidence that they have utilized in school and other social situations. I enjoy taking it for the sport, physical conditioning and the release from daily stresses."



www.usa-karate.net

THE POWERFUL ALTERNATIVE®
USA
KARATE®
PO Box 421023
Plymouth, MN 55442
Address Correction

OVER 30 YEARS IN THE
TWIN CITIES



THE POWERFUL ALTERNATIVE®

"It's not just
Karate,
It's a way of
Life"

info@usa-karate.net

Locations:

Anoka 763.427.0440
Burnsville 952.892.6565
Brooklyn Center 763.566.5573
Plymouth 763.519.1115
Shakopee 952.233.5323
Maple Grove 763.420.8333
Chanhassen 952.906.2969
Woodbury 651.998.0960
Stillwater 651.439.0093
Inver Grove Heights 651.455.6043
Hudson 715.377.8201
Cross Lake 218.692.3415

www.usa-karate.net

Email

info@usa-karate.net

The *Powerful* Alternative

USA Karate schools specialize in helping people like you develop a healthy mind and body and feel more secure through quality and comprehensive professional Karate instruction. Whether your goal or interest is self-defense, greater confidence, physical conditioning, stress reduction, flexibility, coordination or sport, **USA Karate is The Powerful Alternative** that will get you the results you are looking for.



Benefits for Children

USA Karate helps you to help your child become physically and mentally fit, able to accept challenges, able to make mistakes and continue on, respectful to self and others, willing to commit to a higher level of performance and personal experience.

Your child will benefit from USA Karate training in many ways. His or her attention span and ability to "sit still and learn" will develop through the self-discipline learned while in class. As karate skills improve, so does self image and the belt structure teaches a short term goal structure that will encourage your child to be success oriented. At USA Karate all children are successful.

USA Karate's physical and mental training is physician endorsed, and will help your child achieve social, physical, mental, and emotional growth.

Benefits for Adults

A major benefit of the highly structured and proven training program is that students will gradually develop and improve their level of physical training. With **USA Karate** you will not only see the difference, but feel it as well. In today's society we all need to be aware of the dangers around us. Having the ability to defend oneself should be a priority for everyone. **USA Karate** is an ideal place to develop the ability for self-defense in a safe and fun environment.

Our Classrooms

The Classroom



The Waiting Area



Mission Statement

We are dedicated to getting our students the results they want and to making them top quality Black Belts, while providing safe, courteous, professional instruction that is second to none.

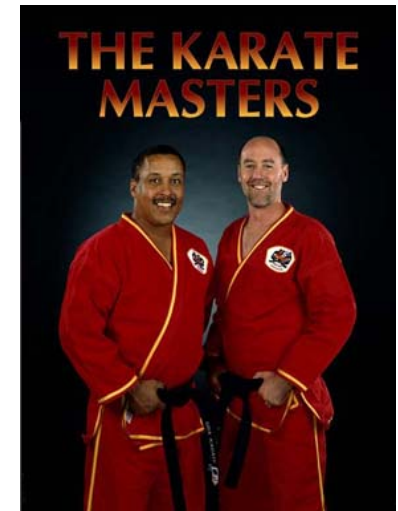
Pat Worley

Gordon Franks

Experience USA Karate! Take advantage of our specially designed introductory course. You will learn kicking, punching and basic self defense maneuvers. We will answer all your questions and demonstrate the ways USA Karate has proven to get you what you want.

Act Now!

Visit **www.usa-karate.net** for more info and maps to the location near you.



Founders of USA Karate

8th Degree Grand Master Instructors
Gordon Franks & Pat Worley

SPECIALISTS IN DEVELOPING:

- CONFIDENCE
- SELF ESTEEM
- WEIGHT CONTROL
- IMPROVED GRADES
- GOAL SETTING
- LEADERSHIP SKILLS
- SELF DEFENSE SKILLS
- IMPROVED CONCENTRATION
- DISCIPLINE
- LISTENING SKILLS

Free Introductory Class! Then take advantage of our One Month Special.

For only \$29.95 you will receive a complimentary student uniform and are able to attend class twice a week to determine if you wish to make this one of your regular activities.

