



# Kid Karate

Now available at

## Dance EFX

Lillington, NC.



Merritt's Martial Arts is owned and operated by Emily M. H. Freeman, Sensei and teaches primarily Shoto-Kan, a traditional style of Japanese Karate Do.

This class is centered on encouraging each student to meet his or her individual goals. Kid Karate students learn traditional Karate movements, techniques, and forms as well as sparring styles, self-defense, and some weapons training.

Students learn Japanese customs and vocabulary. Physical aspects such as balance coordination, agility, flexibility, muscular strength, and speed are honed. Mental and emotional aspects of Karate include self-respect, respect for others, self-confidence, self-discipline, and teamwork.

**Ages 5-12**

**Tuesday 5:00-6:00pm**

**Membership \$25.00**

**Monthly Dues \$50.00**

**FOR INFORMATION CALL: 910-891-8139**



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