

Introductory Program

- 3 Private Lessons
- 4 Weeks of Karate Classes
- Karate Uniform

Only \$30

Private Lessons

You begin with three private lessons. You will schedule these with the front office. These lessons are one-on-one with one of our instructors. The instructor will lead you through some basic karate techniques over the three lessons, as well as answer any questions you may have.

4 Weeks of Karate Classes

After your Private Lessons, you will join the group classes. Classes begin with warm ups and stretching, and then move on to karate training. Take full advantage of this program and come to as many classes as you can to get the full experience.

Karate and Martial Arts Training

The benefits of karate are almost too many to list! Karate teaches methods of concentration, the ability to follow instructions, and improves hand-eye coordination. Not only a self defense method, karate actually teaches you and your children to avoid confrontations. “Sports Illustrated For Kids” calls Karate “the number one activity for children and teenagers”.

Our Karate Program is a real and traditional karate program. Our Program teaches authentic Okinawa Shorin-Ryu Karate-do, one of the oldest styles of karate.

In our Karate Program students will learn:

- Authentic Shorin-Ryu Karate-do
- Kicking, punching, and blocking
- Movement and footwork
- Karate training drills
- Shorin-Ryu Kata (forms)
- Sparring
- Self-Defense
- Self-Confidence
- Self-Discipline
- Self-Control
- Respect
- Integrity

Facilities

Our new modern Karate studio combines traditional Japanese and Okinawan Karate training with modern teaching methods. This combination provides the ***BEST*** learning environment.

- 933^{sqft} Training Floor
- 140^{sqft} Private Lesson Room
- Safety Mats in all training areas
- Punching and Kicking Bags
- Punching and Kicking Targets
- Quiet Study Room
- Viewing area for visitors
- Pro Shop
- Locker Rooms

Our Instructors

Sensei Scott has over 20 years experience in Shorin-Ryu Karate and Ryukyu Kobudo. He is a Master Instructor and a licensed Shihan. Sensei Scott personally trained all dojo instructors. All instructors are qualified to give Karate and Martial Arts instruction. Qualifying organizations, associations, and bodies:

- Okinawa Shorin-Ryu Shorinkan Association
- North American Shorin-Ryu Karate-do Association
- Amateur Athletic Union
- ASEP (American Sports Education Program)

Class Schedule

Tiny Tigers (3 - 4 year olds)

Tuesday 5:00 PM
Saturday 10:00 AM

Little Dragons (5 - 7 year olds)

Monday 5:00 PM
Wednesday 5:00 PM
Thursday 5:00 PM
Saturday 10:30 AM

Dragons (8 - 12 year olds)

Monday 5:45 PM
Tuesday 5:45 PM
Wednesday 5:45 PM
Thursday 5:45 PM
Friday 5:45 PM
Saturday 10:30 AM

Teens (12 - 17 year olds)

Monday 6:30 PM
Tuesday 6:30 PM
Wednesday 6:30 PM
Thursday 7:15 PM
Friday 6:30 PM
Saturday 11:30 AM

Adults (18+ year olds)

Monday 7:15 PM
Tuesday 6:30 PM
Wednesday 7:15 PM
Thursday 7:15 PM
Saturday 11:30 AM

At Scott Hayes Karate Studio we offer programs for the whole family. Each program is designed with attention to developing the individual into the *BEST* they can be. We don't just do karate, we do personal development!

Tiny Tigers (3 & 4 year olds)
Little Dragons (5 - 8 year olds)
Dragons (8 - 12 year olds)
Teens (12 - 17 year olds)
Adults (18+ year olds)
Kobudo (Weapons)
Leadership Team
Black Belt Club

**Call Today!
Come By
for a Visit!
Join the
Quest
to be the
BEST!**

Newport News: 595-8380

<http://ScottHayesKarate.com>

Scott Hayes Karate Studio



Introductory Program



Newport News: 595-8380
12442C Warwick Blvd (Hidenwood)