



*Strength *Character *Leadership

Starts September 17



Sterling Karate

- Christ Centered Teachings
- Convenient
- Grades K through Adult!
- Kids and Parents can take together!
- Builds Confidence
- Family Community
- Build Strength and Character
- Learn Discipline and Control
- Achieve Belt Levels
- Focus and Memory Skills
- FITNESS! FRIENDS! FUN!
- Providing Karate/Self-defense in schools for over 30 years

“Put on the Full Armor of God”

Eph 6:11

KARATE

St. Charles

Tuesdays 3:00-3:50 pm

In the Cafeteria

Information and Registration

Sterlingkarate.com

Questions

Peter@sterlingkarate.com

952-451-7576