

**NOW OPEN in  
ROANOKE**

**FIRST MONTH  
FREE**

改善剛柔館

**KARATE**

**PROGRAMS:**

**DEVELOPMENTAL PROGRAM:**

- *Kaizen Cubs (4-5)*
- *Kaizen Cadets (6-7)*

**INTERNATIONAL PROGRAM:**

- *Juniors (8-15)*
- *Seniors (16+)*

**SUPPLEMENTARY PROGRAMS:**

- *Instructor Development Program*
- *Kokyu-ho: Vitality Training (16+)*
- *Self-Defense for Women*

**VENUE:**

**ROANOKE**  
**SEVENTH-DAY ADVENTIST® CHURCH**  
*4120 Challenger Avenue, N.E.*  
*Roanoke, VA 24012*



I.K.G.A.  
YAMAGUCHI GOJU-RYU



MEMBER UNITED STATES  
OLYMPIC COMMITTEE



ADVENTIST MARTIAL  
ARTISTS