

剛柔流

空手道



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PASTOR EUGENE KITNEY
SENSEI - 3RD DEGREE BLACK BELT

GOJU-RYU KARATE-DO in ROANOKE

COMING: 2010

FITNESS ★ FLEXIBILITY ★ CO-ORDINATION ★ SELF-CONFIDENCE

PROGRAMS:

DEVELOPMENTAL PROGRAM:

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

INTERNATIONAL PROGRAM:

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

SUPPLEMENTARY PROGRAM:

- *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

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