



MISSOURI KARATE ASSOCIATION

www.mokarate.com

Healthy and fun

Lifelong skills for self-defense and fitness

1709 Clarkson Road
Chesterfield, MO 63017
(behind McDonald's)

636.493.0286
www.mokarate.com
mka@mokarate.com



Family-oriented

The Missouri Karate Association (MKA) is a family oriented traditional martial arts dojo (school) that provides quality instruction in a safe yet challenging environment.

Developing Mind and Body

Shotokan Karate is a traditional martial art which develops important skills useful in everyday life. It improves **character** and **mental** discipline as well as **physical** skill. Shotokan Karate is accessible to all: men, women, and children, with or without athletic ability. Karate trains both the mind and body to maximize physical **effectiveness** controlled by a clear, focused spirit.

Brian



Barry



Darrell

2011, 2010, 2006, 2005, 2003
National Champion Instructors



Classes Monday ⇨ Saturday

Children (ages 3-6) Little Ninjas
Children (ages 7-13) Juniors
Adult (age 14+)

A lifestyle which promotes a healthy mind and body



Fitness • Self-defense • Posture • Balance • Flexibility • Power • Focus • Awareness
Confidence • Discipline • Teamwork • Accomplishment • Self-esteem • Character

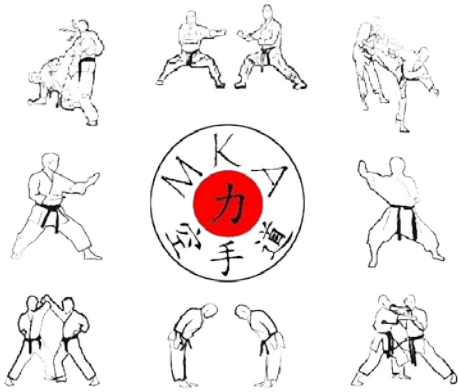


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Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	
Little Ninjas (ages 3-6)	Little Ninjas (ages 3-6)	Little Ninjas (ages 3-6)	Little Ninjas (ages 3-6)	Little Ninjas (ages 3-6)	4:30 pm
Juniors (ages 7-13) white → orange	Juniors (ages 7-13) white → orange	Juniors (ages 7-13) white → orange	Juniors (ages 7-13) white → orange	Juniors (ages 7-13) white → orange	5:15 pm
Juniors (ages 7-13) blue → black	Juniors (ages 7-13) blue → black	Juniors (ages 7-13) blue → black	Juniors (ages 7-13) blue → black	Juniors (ages 7-13) blue → black	6:00 pm
Adults (beginner) (ages 14+) white → orange	Adults (advanced) (ages 14+) blue → black	Adults (ages 14+) white → black	Adults (advanced) (ages 14+) blue → black	Private Lessons	7:00 pm
					8:00 pm



	Saturday	Sunday	
9:30 am	Juniors (ages 7-13) blue → black		
10:30 am	Adults (ages 14+) white → black	Private Lessons	10:00 am
11:30 am	Little Ninjas (ages 3-6)	Private Lessons	11:00 am
12:15 pm	Juniors (ages 7-13) white → orange	Private Lessons	12:00 pm
1:00 pm			1:00 pm

Location

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