



MISSOURI KARATE ASSOCIATION

www.mokarate.com

Healthy
and fun

Lifelong skills
for self-defense
and fitness

New Town Fitness Center
3333-6 Rue Royale
St. Charles, MO 63301

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.



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

Classes (on Wednesday and Friday)

Kids (white to orange belt)
5:15pm-6:00pm

Adults (14+)
7:00pm-8:00pm

Kids (blue to black belt)
6:00pm-7:00pm

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

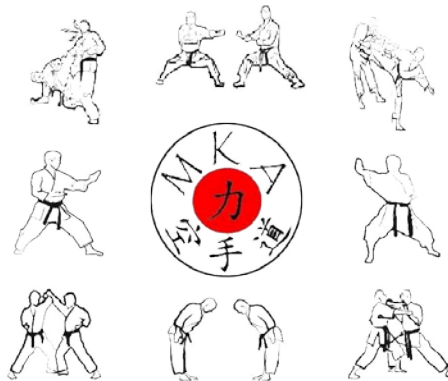


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Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	
		Kids white → orange		Kids white → orange	5:15 pm
		Kids blue → black		Kids blue → black	6:00 pm
		Adults (ages 14+) white → black		Adults (ages 14+) white → black	7:00 pm
					8:00 pm



Location

