Are you looking for an extra curricular activity for your child or yourself that provides exercise and is fun?

We have the answer.
The Bermuda Shotokan Karate-Do is dedicated to training its students in the physical and mental discipline of Martial Arts.
As a traditional art, the goal is, "The Perfection of Character" (Discipline).
The school was formed in 1978 by the same instructors that we have today.

Classes are located at Francis Patton School, Hamilton Parish.
They are on Monday and Wednesday evening from 6:30 - 7:30 for Novices and 7:30 - 9:00 for advance.
Cost is $25.00 p/m for children and $40.00 p/m for adults.
For more information please call 293-0372 or email: shotokan@logic.bm