

The Karate Way Wallingford YMCA Shotokan Karate



Join the karate club at the YMCA this year. ***This is our tenth anniversary!***

This Japanese style martial arts is excellent conditioning, an interval aerobic work out and flexibility training. Each class consists of basics, sparring and kata work. The instructor has over 35 years experience. Check out UCONNJKA.com.

This disciplined martial art is holistic and excellent conditioning for children and adults both men and women.

You are invited to take a free class during the times listed and/or arrange a private lesson to see if this is a cross training opportunity that is right for you! **Call Maura at 203.935.7315 to arrange a convenient time.**



Adult classes • FREE to members

Call YMCA @ 203.269.4497 for 10 class punch card prices for nonmembers

One Free introductory private lesson available arranged by phone (203) 935.7315.

Tues: 7:15-8:45pm

Thurs: 7:15-8:45pm

Sat: 9:00-10:15am

Sat: 10:15 -11:45am

Kid's Karate Trial Sessions

Saturday: 11:45-12:15

Dojo Kun

(Training Principles)

Seek perfection of character • Be Faithful • Endeavor • Respect Others • Refrain from Violent Behavior
These principles align with the YMCA principles in all respects!