

# GOESSEL RECREATION COMMISSION



The Goessel Recreation Commission Presents:

## Shorin-Ryu Karate

This class will emphasize character building and physical fitness through a progressive curriculum and training methods. Students will study self-defense techniques, kata (forms), drills, and controlled sparring.

Classes meet 5:30 – 6:30 p.m. on Mondays and Wednesdays beginning December 1, 2008 at the Goessel Grade School gym.

### Instructors

Brad Schmidt, Nidan

Linda Frey, Shodan

Adults \$25 per month

Students \$10 per month

Two introductory lessons free of charge!

Please call (316) 215-2746 or (620) 367-8224 for more information.

Dale Wiens, President  
Kelly Booton, Treasurer  
Joan Nightengale, Secretary

GOESSEL RECREATION  
COMMISSION

Joe Wuest, Member  
Allen Makovec, Member