

# Journey Christian Church



Presents

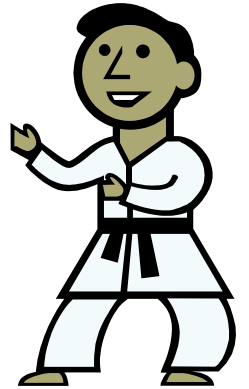
## An 8 Week Adult Martial Arts Seminar

Every Wednesday Night  
7:00p-8:30p

June 10 - July 29



Located at Pioneer Park  
in the Wilderness Shelter



(the one closest to the canoe rental)

The Washido Karate instructors will cover 7 different basic movements that will give you all you need for self-defense. With over 25 years of experience teaching, training and coaching in various martial arts systems, this seminar is “IT” for a personal approach to self-defense.

Join us in this unique karate-based training experience. See you there!

For more information call Stan Bourne at 488-4470

