

Adult Classes start in November Special Introductory Price \$75/month



Now Teaching Adults

Training at **Seattle Kajukenbo** is non-competitive, focusing on the mental and physical growth of the student. Through diligence, sweat, and an open mind, great gains can be made and movement is fun and exciting. Successful self-defense skills are built on a foundation of confidence and a thorough understanding of technique—students are taught how to assess situations and respond appropriately with a calm mind and a powerful body.

Seattle Kajukenbo

Tues/Thurs 6:30-8:00

1408 22nd Ave. Seattle 98122

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