

PENN STATE KARATE CLUB

一心流



空手

The martial arts are excellent training for physical fitness, mental health and self-defense.

The *Penn State Karate Club* meets every Tuesday & Thursday from 5:30-7:30PM in room 106 White Building. Each workout begins with stretching and conditioning exercises, followed by instruction in the Okinawan Isshin Ryu Karate system.

Membership is open to Penn State students, faculty and staff.

Join Any Tues or Thurs This Summer! No previous experience necessary!

Contact us about scheduling a self-defense workshop for your group.
Sensei Gabel: elg5094@psu.edu or Sensei Koszarsky: sensei_koszarsky@yahoo.com

www.PennStateKarate.org

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