

KAJUKENBO KARATE

Kajukenbo Karate teaches the core elements of five martial art disciplines:
Karate, Judo, jiu-jitsu, KENpo, and Chinese BOXing (Kung Fu).

Through structured and disciplined training, our students are not only equipped with invaluable skills, but are able to develop confidence, self control, respect for themselves and others. Kajukenbo classes also hold a year end award ceremony and demo for our students and families.

Beginning classes focus on foundations such as stances, strikes, kicks and blocks.

Advanced classes incorporate throws, take downs, locks and submission holds.

Classes are for ages 5 and up and are held

Tuesday and Thursday from 6:30 pm to 8:30 pm at the Walnut Senior Center and on

Saturday from 12:30 pm to 2:30 pm at the Walnut Gymnasium & Teen Center.

Classes are \$65.00 for 4 weeks of instruction.



**Spring registration will begin February 25, 2019 for Walnut Residents
and March 4, 2019 for all others.**

For more information please contact the City of Walnut Gymnasium & Teen Center located at 21003 La Puente Road or call us at (909) 444-7959.