



# *Traditional!* **KARATE CLASS**

**Find Yourself, One Move at a Time!**  
**September is Free for New Students!**



**Who are we:** Budokai Dojos teach Traditional Shotokan Karate. We are a member organization of the World Japan Karate Association (WJKA)



**Why choose Budokai:** Sensei Jeff Hutchings is an internationally certified instructor and examiner. All ranks are registered internationally and recognized worldwide. Budokai offers opportunities for those who wish to teach Karate in the future.

**What methods are used:** At Budokai, we don't believe one size fits all. We offer a positive, safe, and friendly training experience where everyone progresses according to their own physical ability. The program is lesson-plan based rather than ad-hoc teaching and training.

**What about Mental Health:** Budokai puts a major emphasis on mental health and wellbeing. We use breath work and we incorporate mindful movement into all programs. We have an associate Yoga teacher who visits us regularly.

**We offer discounts for Seniors and Students**  
**We have an Adapted Program for those**  
**living with disabilities**

[www.budokainl.ca](http://www.budokainl.ca)

**Visit Us**  
**709-727-2710**  
**Summit Centre, Mount**  
**Pearl, NL**