

## Innerforce: Karate, Martial Arts & Personal Safety

**Thursday | 6:00 PM - 6:50 PM | Via Zoom**

Instructor: Andrew Hall

Join Sifu A. Hall, a seasoned martial arts instructor with over 30 years of experience in karate and self-defense, on a transformative and interactive journey to master the mental and physical skills of karate.

Via Zoom, students will engage in a dynamic session encompassing warm-up exercises, instruction in various karate techniques and combinations, and a rejuvenating cool-down. Prepare to break a sweat as you learn and practice fundamental karate maneuvers under Sifu Hall's expert guidance.

Progression through belt levels will be earned through diligent practice and testing. Beyond the physical aspects, InnerForce Karate emphasizes the application of karate skills to real-life scenarios, empowering students with invaluable self-defense knowledge and mental acuity.

### CLASS SCHEDULE

Please review the dates your class will meet over the course of the selected session.

**Winter I | Thursday Schedule | 8 Weeks**

1/2, 1/9, 1/16, 1/23,

1/30, 2/6, 2/13, 2/20, NO Class on 2/27



### PRICING

8 Wks: \$360

### REGISTRATION

To register, email: [chawkins@buexperience.org](mailto:chawkins@buexperience.org)  
More info at [www.abcommunityclasses.org](http://www.abcommunityclasses.org)