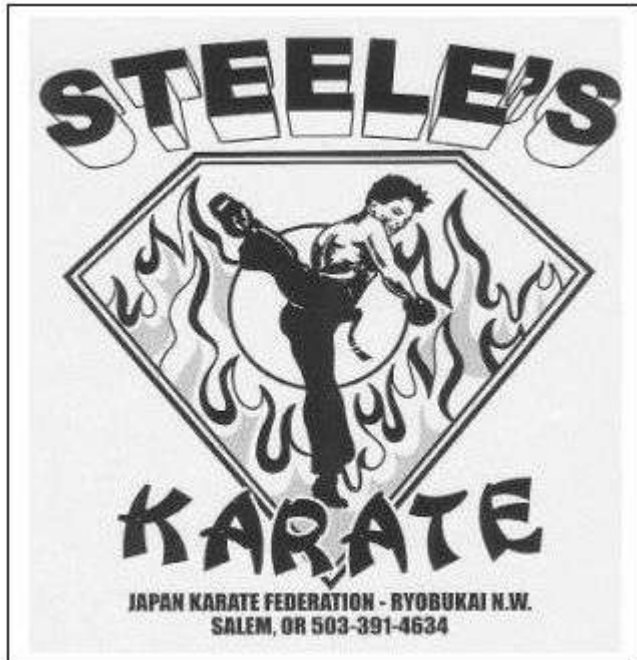


Take The Challenge!



BOXING – KARATE – KICKBOXING SCHOOL

KARATE-DO (*kah-rah-the-doh*):

A way of life that will promote patience, humility and the development of mental and physical strength. Karate-Do encourages students to be the best that they can be and above all it emphasizes respect for their fellow man.



Dojo Kun

Be humble and polite

Be loyal to Karate-Do.

Strive to reach your limits.

Be patient and not discouraged.

Work to develop a healthy mind and body.

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