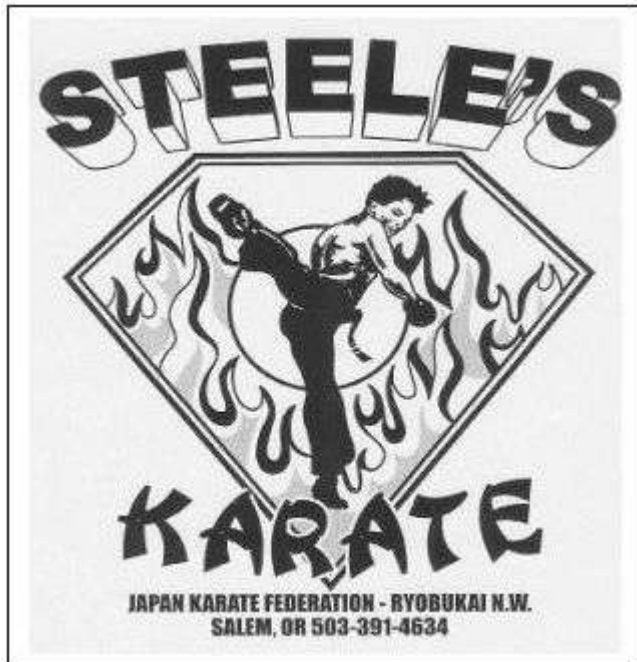


# Take The Challenge!



## 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.

### CONTACT:

Sensei John Olivera, Head Instructor

503-391-4634

[www.jfknw.com](http://www.jfknw.com)



**860 High Street NE, Salem, OR 97301**