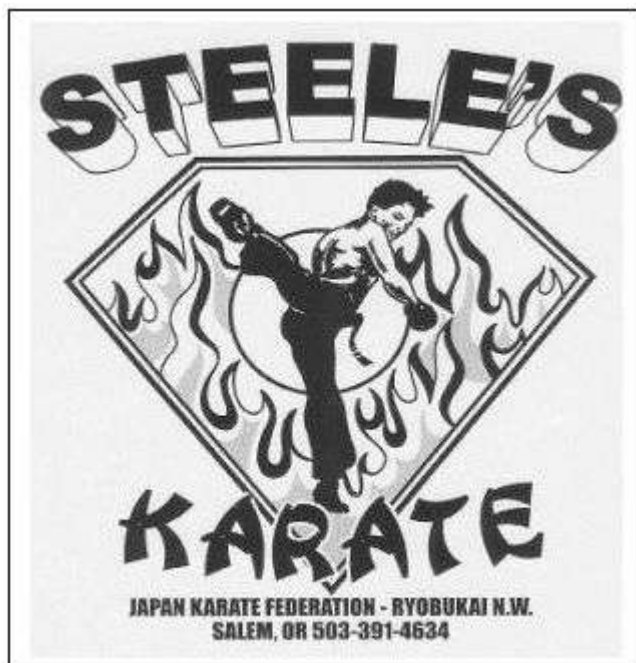


Take The Challenge!



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



860 High Street NE, Salem, OR 97301