SOLID IMPACT KARATE

For men, women and children, a practical Bible based sport and self-defense curriculum with elements of Tae Kwon Do, Karate, and Jujitsu.

- Stay in shape!
- Learn how to defend yourself!
- Increase self discipline!
- Study the martial arts with a Christian focus!
- Earn a black belt!

When: Thursday Nights at 7:00PM - 8:30PM
Where: Brookdale Covenant Church
5139 Brooklyn Blvd, Brooklyn Center, MN 55429

Cost: $30.00 per month

Discount prices for families.

For more information, please e-mail jkrjhn8@yahoo.com