



## **F.L.A.G** **“Fight Like A Girl”**

This is a unique martial arts class taught to and from a girl's prospective of self protection and personal empowerment. It is a drop-in class that can be taken weekly or on occasion by girls of all ages and abilities.

Classes are pre-purchased on a 10 class punch card and the card is punched when a student attends class. Punches are transferable and can be shared with guests if students invite friends to try the class.



# **Karate**



[www.thewisc.com](http://www.thewisc.com)  
757-253-1947  
5700 Warhill Trail  
Williamsburg, VA 23188

# Karate

Seikukan Martial Arts offers Japanese Shorinji Ryu Karate based martial arts classes for all ages and abilities. Learn fitness, awareness, safety & personal protection skills, and self discipline through martial arts training. Progressive development through a traditional structured belt system gives students of all ages a model for personal progress and accomplishment.

Seikukan Martial Arts was founded by Chuck Beadle, a 6th degree black belt and practitioner of martial arts for over 30 years, and Josh Beadle, a 3rd degree black is a founding member. Chuck is also a 2010 inductee into the American Federation of Martial Arts Hall of Fame.



## **Monthly Fees:**

### **Member:**

Individual \$50/ month

Family up to 5 participants \$90/month

### **Non-Member**

Individual \$80/month

Family up to 5 participants \$125/month

## **Uniforms for Karate Classes**

Uniforms will be available to purchase in the WISC Retail Store once you have attended a minimum of 5 classes and have instructor approval. Belts and accessories will be available as well.

Cost: \$80 for adult / \$70 for youth