

Special Limited Time Introductory Offer!

Authentic Karate and Self-Defense

self-discipline • self-confidence • stress relief • improved concentration • fitness • health



\$10 per class for children, students & seniors

\$15 per class for adult: men & women

\$25 per class for families: 1 parent & 1 or 2 children (2 parents add \$15)

Deer Park Public School

Mondays, Tuesdays & Thursdays • 6:30-8:00 pm

23 Ferndale Ave. (2 blocks east of Yonge St., north of St. Clair. Free parking lot at north east corner of school and on surrounding streets, or pay parking lot 1 block west. Entrance at south east corner of school upstairs gym)

St. Sebastian Catholic School

Wednesdays • 6:30-8:00 pm

717 Brock Ave. at Wallace Ave. (3 blocks west of Dufferin, 1 block north of Bloor St.) Free street parking available.



Toronto Academy of Karate,
Fitness and Health Inc.

torontoacademy.com

For more information:
contact

Bert Freeman, Sensei

24/7 at 416 409 3084

bert@freemancomm.com

THE WAY

The Toronto Academy of Karate was established in 1970 as an outgrowth of the popular University of Toronto karate program to offer authentic karate-do and physical fitness to people in the general community. The Academy has established an international reputation for its high standards of intelligent, disciplined and rigorous training. Our training environment is supportive, respectful, safe and non-violent. Children receive personal attention in small groups from over 50 senior and advanced belts who are sympathetic to each child's individual needs. They make rapid progress under this enthusiastic and caring instruction. We have a long and proud history of helping to create strong children and families.

There are 6 programs in the GTA and affiliated programs in Orillia, Calgary and Rochester, New York.

Consumers' Choice Award – **Best Martial Arts School**