

KARATE-DO



Self Defense



- TEACHES SELF DEFENSE
- PROMOTES HEALTH & EXERCISE
- DEVELOPS SELF CONFIDENCE
- LEARN DISCIPLINE AND SELF CONTROL
- ENCOURAGES A POSITIVE ATTITUDE
- GOOD SPORTSMANSHIP
- IMPROVES SCHOOL PERFORMANCE & BEHAVIOR

SCHEDULE

Tuesdays: 3:00-4:00pm

CLASS FEES

\$60.00 per month

Sensei Jose Alvarez

- 5th Dan Black Belt in Karate— 2nd Dan Ho Black Belt in Kobudo
- Bachelor's Degree in Physical Education
- Member of the USA National Karate Federation
- Miami-Dade County Public Schools After School Program Instructor
- USA National Karate Federation Certified Referee

Gables Montessori

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SCHOOL (305) 567-1900

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