

# Boys & Girls Club of Truckee Meadows ATHLETICS



## Karate and Self-Defense Classes

The Boys & Girls Club of Truckee Meadows has united with Sensei Erick Soto to offer Karate and Self-Defense Classes on Tuesdays and Fridays at our E. Ninth Street location. Register for these six week classes individually, or register for all four and receive a discount rate. Separate classes for 7-12 year old boys and girls, and 13-18 year olds.

Sensei Soto, a San Dan (3<sup>rd</sup> degree Black belt) in Isshinryu karate, has been teaching classes in the Reno area for more than seven years. Isshinryu philosophy is built around effective self-defense. Our motto is "Perfecting One's Character."

- **Session 1: Tuesdays and Fridays, Feb. 26-April 5**  
5:00-6:00 pm, 7-12 year olds.  
6:00-7:00 pm, 13-18 year olds.
- **Session 2: Tuesdays and Fridays, April 16-May 24**  
5:00-6:00 pm, 7-12 year olds.  
6:00-7:00 pm, 13-18 year olds.
- **Session 3: Tuesdays and Fridays, June 11-July 12**  
5:00-6:00 pm, 7-12 year olds.  
6:00-7:00 pm, 13-18 year olds.
- **Session 4: Tuesdays and Fridays, Aug. 20-Sept. 27**  
5:00-6:00 pm, 7-12 year olds.  
6:00-7:00 pm, 13-18 year olds.
- **Session 5: Tuesdays and Fridays, Oct. 29-Dec. 13**  
5:00-6:00 pm, 7-12 year olds.  
6:00-7:00 pm, 13-18 year olds.



**COST: \$30 for one class for BGCTM members, \$50 for non-members (includes \$20 annual membership). Register for all five classes as a BGCTM member and pay \$120 total, \$140 if a non-member.**

**Registration must be completed at 2680 E. Ninth Street location.**

For more information, contact Sensei Soto: (775) 379-9701, or [esrico62@yahoo.com](mailto:esrico62@yahoo.com)

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