

## Karate Program

In the martial arts training of "Tenchi Karate Budo" there is a great emphasis placed on providing a safe atmosphere in which a variety of persons of both genders and different backgrounds can train. Arnprior Parks and Recreation has partnered with Sensei Dan Cazabon to offer quality Karate instruction.

Our goal is to provide martial arts instruction, guidance and social interaction that are necessary for students to learn about the martial arts path and to educate and direct students towards a real understanding of the true nature of Karate Budo.

The instructor, Sensei Dan Cazabon, has been teaching Karate as a Black Belt since 1993 in North Bay where his students still maintain a club. Sensei Cazabon moved to the Ottawa Valley in 2005 as a French schoolteacher and has recently moved to Arnprior in 2007. Sensei Cazabon is a 3rd dan in Tenchi Karate

Budo but also has training in other styles of martial arts such as Judo, Aikido, Kobudo, Shito Ryu Karate, Tai Chi and Hapkido.

### **Program Details:**

Classes take place on Tuesday and Thursday evenings:

**White and Yellow Belts:** 6:00 to 7:00 p.m.

**Orange Belts:** 6:00 to 7:30 p.m.

**Green Belts and Up, and Adults:** 6:00 to 8:00 p.m.

Cost: \$75.00 for kids; \$110.00 for adults

Fall program starts October 4/2011

Winter program starts January 10/2012

Registration: Week of Sept. 19/2011

Registration: Week of Jan. 3/2012

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