

Ryukyu Kempo Karate

Small-Circle Jujitsu & Modern Arnis

Confidence

Discipline

Fitness



Flexibility

Defense

Fun

Ryukyu Kempo Karate is instructed by Timmy Lee, a certified 5th degree Master in Ryukyu Kempo under 10th Degree Master George Dillman of Dillman Karate International. Ryukyu Kempo (also known as Chinese Kempo) has been the way of martial arts in Okinawa hundreds of years. This is what martial arts was before the transition into what most people know as 'modern karate'. Ryukyu Kempo incorporates many of the same concepts as 'Acupuncture'; dealing with over 300 pressure points of the body, chi flow (also call Qi, Ki, or Bio-electric energy), yin & yang (positive & negative), the 12 bi-lateral body meridians, and the 5 elements (earth, wood, fire, metal, water).



When: Mondays & Wednesdays

Age/Time: 7-18/5:30p.m.-6:30p.m.

**Cost: \$70 per month
(Non-Residents add \$10)**

**Location: Tamarac Recreation Center,
7501 N. University Dr.**



Parks and Recreation Department



It Starts
in ParksSM

For more information contact 954-597-3674