



OKINAWAN SANCHIN-RYU KARATE



“Become the calm in the storm. Learn and implement new strategies to move your life forward.” The Exeter area is very fortunate to have one of the highest ranking masters in Sanchin Ryu Karate, Chris Yonker. Chris has obtained the rank of Shi-Chi Dan (7th degree black belt). Chris's dynamic instructing allows students to take weekly topics and integrate the lessons into their daily lives. Don't miss this opportunity to study with one of Sanchin Ryu's finest. See courses offered below. Space is limited so act now.

KARATE FOR EVERY CHILD: In these tough economic times, we all have made sacrifices. However, we shouldn't have to tell a child they can't pursue something that interests them, especially when it's as important as self-defense. That's why Sanchin Systems offers a quality program at half the price of similar Martial Arts! We do this because we are dedicated to sharing the “peace-seeking” ways of Karate with our community. Every week children are taught self-defense skills with important lessons on “peer pressure”, “bullies” and “stranger-dangers”, just to name a few. Martial arts are about finding peace, not fighting. We spend time listening to children and sharing the wisdom that teaching the Martial arts for 30 years have given us.

Benefits of Sanchin-Ryu Training:

- Improve concentration
- Improve self-confidence
- Crucial self-defense skills
- Enhance coordination
- Encourages physical fitness
- Manage Stress
- Promote self-discipline
- Develop leadership skills
- Control situations

KARATE FOR EVERY ADULT: Few adults realize that the true benefits of studying a Martial Art like ours are the benefits that are brought into other areas of their lives. We live in stressful times and our classes not only teach how to defend yourself, but more importantly how to find peace in chaos. The greatest investment you can make is on yourself and your well-being. Now is the best time to do something that is for you.

KARATE FOR EVERY FAMILY: Today families are running in different directions. Our family program provides an affordable option for you family to do something together. This activity provides each family member with enrichment and memories!

WHAT IS SANCHIN-RYU? Sanchin-Ryu is a noncompetitive program of self-enrichment. We say self-enrichment because so many different aspects are involved. Students learn self-control and self-respect—both key elements in having self-defense awareness. There are many diversified topics that are covered and worked with in our classes. By using the noncompetitive philosophy, students are able to grow at their own pace, not determined by others around them. In this way, they are able to let their personalities “blossom.” Uniform and promotion system available, but not required. Students should wear comfortable clothing. We'd love to help you learn more about our program. Please visit SanchinSystems.com.

DATES & LOCATION: Classes are offered on Tuesday evenings – During the summer, classes will meet on the front lawn at the Tuck learning center and will move to the cafeteria inside in inclement weather.

FEE: The fee is per person or per family, per session. Register at the Exeter Recreation Department office prior to the class. Please make your check payable to: E.P.R.D. Visa & MasterCard accepted. Sorry, no refunds unless the class is cancelled. There is a \$20.00 fee charged for each returned check. Min students per session are 3 students.

***New – Early Bird Discount – Register before the deadline and receive a \$10.00 discount.**

Session 1: November 3rd – December 15th, 2015				
Classes	Time	Fee	Deadline Date	Class Code
Youths (Ages 5-13)	6pm – 6:50pm	\$45.00*	October 30 th	522800-1F
Adult	7pm – 8:30pm	\$55.00*	October 30 th	542800-1F
Family	7pm – 8:30pm	\$95.00*	October 30 th	552800-1F
Session 2: January 5th - March 1st, 2016 (No Class February 23)				
Classes	Time	Fee	Deadline Date	Class Code
Youths (Ages 5-13)	6pm – 6:50pm	\$45.00*	January 1 st	522800-1A
Adult	7pm – 8:30pm	\$55.00*	January 1 st	542800-1A
Family	7pm – 8:30pm	\$95.00*	January 1 st	552800-1A

EXETER PARKS & RECREATION DEPARTMENT
 32 Court Street, Exeter, NH 03833
 Phone: 773-6151; Fax: 773-6152
 Website: <http://exeternh.gov/recreation>
 Business Hours: Monday–Friday, 8:15am – 4:15pm