

# Shotokan Karate

For All Ages  
With  
Gregg Henrikson  
Tuesdays & Thursdays  
7:15-8:45  
Incline Village Recreation Center

10-Visit Punch Cards  
\$79  
\$64 w/IVGID Pass  
Or  
Drop-in \$10 or  
\$7.50w/IVGID pass



Shotokan Karate is a weaponless martial art that is founded on the basic techniques of punching, striking, kicking and blocking, while emphasizing lifetime training for a healthy mind and body, self-discipline, self-confidence and self-defense.

Classes are on-going...except for holidays.  
Register at the Incline Village Recreation Center  
980 Incline Way, Incline Village, NV 89451  
[www.inclinerecreation.com](http://www.inclinerecreation.com)  
(775) 832-1310

