

Above and Beyond Community Classes, Inc. Presents:



Innerforce: Karate Martial Arts & Personal Safety with Sifu Andrew Hall

Thursdays 5-5:50pm via Zoom or In-Person

\$360.00- 8 Weeks of Winter Session- Jan & Feb '24

Thursdays: 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 2/22, 2/29

\$360.00- 8 Weeks of Spring I Session- March & April '24

Thursdays: 3/7, 3/13, 3/21, 3/28, 4/4, 4/11, 4/18, 4/24

As a teacher of Martial Arts for over 30 years, Karate and Self Defense instructor, Sifu A. Hall, will teach students the mental and physical skill set that comes with learning Karate. Students will be brought through a warm-up, taught a variety of karate moves and combinations followed by a cool down.

Students should be ready to move and get a work out either in our space in Smithtown or via Zoom. Students will be tested on their knowledge in order to progress with belt levels. Learning in InnerForce will be reinforced by connecting Karate skills to real-life situations.

**To register, email: chawkins@buexperience.org
More info & bios @<https://www.abcommunityclasses.org>
Open to the public, all are welcome via Zoom or at
Blue Umbrella Experience @ 35 West Main St, Smithtown**