

Innerforce: Karate, Martial Arts & Personal Safety

Thursday | 6:00 PM - 6:50 PM | Via Zoom

Instructor: Andrew Hall

Join Sifu A. Hall, a seasoned martial arts instructor with over 30 years of experience in karate and self-defense, on a transformative and interactive journey to master the mental and physical skills of karate.

Via Zoom, students will engage in a dynamic session encompassing warm-up exercises, instruction in various karate techniques and combinations, and a rejuvenating cool-down. Prepare to break a sweat as you learn and practice fundamental karate maneuvers under Sifu Hall's expert guidance.

Progression through belt levels will be earned through diligent practice and testing. Beyond the physical aspects, InnerForce Karate emphasizes the application of karate skills to real-life scenarios, empowering students with invaluable self-defense knowledge and mental acuity.

SUMMER SCHEDULE

Please review the dates your class will meet over the course of the 8-week Spring II Session. All courses are available both virtually and in-person at The Blue Umbrella Experience studio, located at 35 W. Main St, Smithtown, NY, 11787.

- July 11
- July 18
- July 25
- Aug 1
- Aug 8
- Aug 15
- Aug 22
- Aug 29



PRICING

Summer Session,
8-Weeks: \$360

REGISTRATION

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