

2024 SPRING II CLASS INFORMATION

Innerforce: Karate, Martial Arts & Personal Safety

Thursday | 5:00 PM - 5:50 PM | Via Zoom and/or in-person

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 journey to master the mental and physical skills of karate. Whether in our Smithtown studio or 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. Join us and unlock the potential within you through the art of karate.

SPRING II 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.

- May 2
- May 9
- May 16
- May 23
- May 30
- June 6
- June 13
- June 20



PRICING

Spring Session II, 8-Weeks: \$360

REGISTRATION

To register, email: chawkins@buexperience.org

More info & bio's at www.abcommunityclasses.org.

Open to the public, all are welcome via Zoom or at Blue Umbrella Experience @ 35 West Main St, Smithtown, NY