

## École Pitt Meadows Elementary

### **SHOTOKAN KARATE AT PME (GR. 1-7)**

Pitt Meadows Shotokan Karate offers classes at École Pitt Meadows Elementary. Shotokan is designed to teach self-defense, build self-confidence, stimulate a sense of well-being and provide a greater sense of self-awareness when faced with difficult situations. The program's primary goal is to teach respect for one's self and others, as well as basic self-defense techniques. This program is taught in French, English and Japanese, giving students the opportunity to develop basic language skills.

#### **Session 1**

**Mondays and Wednesdays (2:30 – 3:30 p.m.)**

**Jan. 22, 2024 – Mar. 13, 2024**

**(No classes on Jan. 24 and Feb. 19)**

#### **Session 2**

**Tuesdays and Thursdays (2:30 – 3:30 p.m.)**

**Jan. 23, 2024 – Mar. 14, 2024**

**(No class on Feb. 20)**

**Location: Pitt Meadows Elementary gym**

**Registration Fee: \$210**

**To register, contact Amy Shaw at 604.314.5852 or  
[theninjalady@gmail.com](mailto:theninjalady@gmail.com)**

*If you have any questions, contact Hannah Macdonald at  
604-837-2384 or [hannah\\_macdonald@sd42.ca](mailto:hannah_macdonald@sd42.ca)*

