

## 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 (spring program)**

**Mondays and Wednesdays (2:30 – 3:30 p.m.)  
March 28, 2022 — June 15, 2022**

#### **Session 2 (spring program)**

**Tuesdays and Thursdays (2:30 – 3:30 p.m.)  
March 29, 2022 — June 16, 2022**

**Location: Pitt Meadows Elementary (gym)**

**Registration Fee: \$210**

**To register: Contact Amy Shaw at 604.314.5852 or  
theninjalady@gmail.com**

*\*If you have any questions, contact Craig Mitchell at  
604-837-2384 or craig\_mitchell@sd42.ca*

