

SCHEDULE

	M	T	W	T	F	S
8 ^{am}						ALL
9 ⁰⁰						ALL
10 ⁰⁰	Active Seniors	Women	Active Seniors	Women		
11 ⁰⁰						
12 ^{pm}		Adult		Adult		
Noon						
5 ^{pm}	Youth		Youth			
6 ⁰⁰	Adult	Intro	Adult	Intro		
7 ⁰⁰	Adult	Adult	Adult	Adult	Adult	
8 ⁰⁰	Adult	Adult	Adult	Adult		

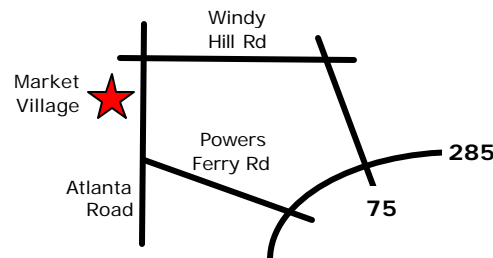
See web site for a complete schedule



Sensei Toru Shimoji

Toru Shimoji is the chief instructor at Traditional Karate Atlanta. Sensei Shimoji has over 3 decades of teaching experience. He currently chairs the Technical Committee for the JKA-US South Atlantic Region, received his Dan rankings and instructor certification from his teacher, Hidetaka Nishiyama (a direct student of Master Gichin Funakoshi – the founder of our system). Mr. Shimoji holds a B.S. in Kinesiology from UCLA.

Among his noted achievements, Sensei Shimoji was the head coach for the USA Team from 1998 to 2000, the Kata Champion in the 2000 Nishiyama Cup in Poland, and the silver medalist at the 2002 ITKF World Championships.



Traditional Karate Atlanta

Axial Resonance™

Nishiyama Shotokan experience, wisdom of the ancients propelled by advanced biomechanics .



NEXT STEP FOR YOU

- Sign up for the next Youth Program or Introductory Course via our web site, email, or over the phone.
- Attend a free Open House (see our web site for the schedule & to pre-register)
- Visit our dojo prior to a Youth or Introductory Class for questions and to observe.
- Web Site: www.KarateATL.com
Email: info@KarateATL.com
Phone: (404) 641-2840

Market Village
1295 West Spring Street, Suite 240
Smyrna, GA 30080

(404) 641-2840

www.KarateATL.com

PROGRAMS

INTRODUCTORY

Regardless of your background or previous experience, this 1-month course will give you an excellent overview of our system, allowing you to make a sound decision about your future involvement and commitment.

ADULTS

Our most popular and frequent class combines a revolutionary teaching style of martial-arts with some of the most advanced movement techniques. Classes are divided into Basics, Intermediate, and Advanced. Introductory Course is a prerequisite.

YOUTH (8-14)

This program is designed especially for the young, attentive, and energetic. Classes will always be engaging, mixed with exercise, instruction, & instant feedback. Youth must qualify during their first month of training.

WOMEN

For the active women, this course is scheduled around your busy day. With a unique balance of self-defense and controlled body movement, this class is sure to be energizing.

ACTIVE SENIORS

Our Active Seniors' classes focuses equally on developing health-promoting movement, an exuberant and positive spirit, and martial-arts techniques.

FAQs

Who will teach the courses?

Toru Shimoji is the primary instructor and has established all class curriculums. He has over three decades of experience in martial arts and is the direct student of Hidetaka Nishiyama, the world-renowned teacher of Traditional Karate. See more of Toru Shimoji credentials on back.

What makes your program different from others?

There are many areas that we believe set us apart from other schools. 1) Instruction is based on each student's unique characteristics. 2) We seek to foster an individual's internal motivation vs. using extrinsic motivation factors, such as colored belts. 3) Fundamental body movement that combines mind, body, and spirit is taught vs. focusing on only one of the three. 4) Admission to our Youth Program is selective & enrollment limited.

What level of activity and pace should I expect?

Whether you're ready to get back in shape or already in great condition, you'll get more than you expect from our programs. Traditional Karate exercise is progressive, you learn in step-wise methods that gradually increase in complexity and intensity. You will intuitively find the level of activity and exertion that fits your target level of fitness.



FAQs

My child is attentive and motivated, but not coordinated, will s/he fit in?

Your child is perfect for our Youth Program. We'll help to develop coordination through training.

What's a typical Active Senior's Class like?

Dynamic stretching, study of breath techniques as it relates to body movement, various Karate techniques, review of previous lessons, & more.

I have a black belt in another style, where should I start?

We ask all new students, regardless of their previous experience to start with our Introductory Course. This course will give you an excellent overview of our system, allowing you to make a sound decision about your future involvement and commitment.

Will I have to sign a contract?

All classes are paid month-to-month with no contractual obligations.

For additional information please visit us on the web @ www.KarateATL.com