

THE CARLSBAD KARATE CLUB

IMPROVE YOUR BODY

SHARPEN YOUR MIND

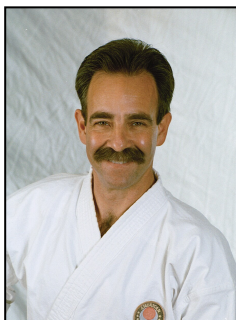
STRENGTHEN YOUR SPIRIT

SAVE YOUR BUTT!!!



KARATE

AN EXCITING TRADITIONAL MARTIAL ARTS PROGRAM FOR ADULTS AND CHILDREN
MEETING AT HARDING COMMUNITY CENTER IN DOWNTOWN CARLSBAD, CA.



Chief Instructor Edmond Otis, a 7th degree blackbelt, has practiced Traditional Shotokan Karate for over 35 years and is internationally known as a competitor, instructor and judge. He teaches karate as a safe and highly effective means of self-defense, a rigorous form of exercise, a philosophy of life, and an exciting competitive sport. Sensei Otis has coached numerous youth and adult competitors to national and international championships. He is co-author of *"The Complete Idiots Guide to Karate"* from Macmillan-USA, Chief instructor of the American JKA Karate Association, and director of the famous Traditional Karate Program, at the University of California, Riverside. Sensei Otis is featured in the instructional video series, "Essential Shotokan". Visit: www.essential-shotokan.com to see karate in action, or www.AmericanJKA.com to learn more.

The **Carlsbad Karate Club** is a non-commercial, traditional, Shotokan karate dojo providing world-class instruction to the residents of Carlsbad, Oceanside, North San Diego, and the greater San Diego Community. Visitors are welcome. For information about Shotokan Karate or training with Sensei Otis in Carlsbad, please contact him directly at: carlsbad-shotokan@cox.net or call **760.612.7029**