

# Private Martial Arts Instruction

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**K a r a t e**  
*Shotokan Karate-Do*

**Iaido Sword**  
*Muso Shinden Ryu*

**Bo Staff**  
*Okinawan*

**Personal Protection**  
*Self-Defense for Women*

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*No Experience or  
Fitness Level Required*  
*Ages 10 to Adult*



*Continuing a tradition begun in 1984*

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