



# SHORINJI KEMPO MARTIAL ARTS CLASSES



Shorinji Kempo was developed as a martial art to teach people to be peaceful by helping individuals improve their minds, promote good health and develop an effective means of protecting themselves and if required to protect others. Rather than always focusing on physical strength Shorinji Kempo martial arts also relies on improving the character of the person.

## Children and Adult Classes

<b>Monday:</b>	<b>Children</b>	<b>6:00pm-7:30pm</b>
	<b>Adult</b>	<b>7:30pm-9:00pm</b>
<b>Wednesday:</b>	<b>Children</b>	<b>6:00pm-7:30pm</b>
	<b>Adult</b>	<b>7:30pm-9:00pm</b>
<b>Friday:</b>	<b>Children/Adult</b>	<b>7:00pm-8:30pm</b>

**\*Cost: \$35/month** **501c3 NON PROFIT ORGANIZATION**

\*Additional one time fee for two text books & new student registration (\$35)

Sign up online at [www.activenet.active.com/westminster](http://www.activenet.active.com/westminster) or at the Westminster Community Services Building, 8200 Westminster Blvd.

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Visit at [www.sk-oc.org](http://www.sk-oc.org)

Location: ★ **Carden Conservatory**

5702 Clark Dr., Huntington Beach, CA 92649  
(Meadow View School / Ocean View District)

