

### **An After-School Children and Families Fall Karate Class**

**Meets every week beginning Wednesday, Sept. 12 from 5:00 to 6:00 pm  
in McBride Hall**

Here at Grace St. Paul's, we will begin a Children & Families (learn together!) weekly class to practice a Korean traditional karate program through the resident "The Spirit Dojo" school, Fr Allen Breckenridge, instructor. Fr Allen is a third degree certified black belt, owner of The Spirit Dojo, a UFAF school in the "Chuck Norris System" ([www.ufaf.org](http://www.ufaf.org)).

Classes will equip children (and family members) for developing fitness of mind, body, and spirit; to learn safe and respectful self-defense, anti-bullying, and conflict resolution skills; and to practice meditation, discipline and respect. All of this takes place in a safe, fun, & supportive faith community setting.

A fee of \$45/month per child (with 1 or more adult family only \$10/each) will be charged; a 10% tithe from this program will go to the GSP Children's Education program. Scholarship aid will be available on an as-needed basis.

Contact us if you are interested or have questions!

**Fr Allen Breckenridge** — 520-808-4073, [frallenb02@live.com](mailto:frallenb02@live.com)

**Pastor Kimberlee** — 520-327-6857, [pastorkimberlee@grace-stpauls.org](mailto:pastorkimberlee@grace-stpauls.org)