

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).

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

Pastor Kimberlee — 520-327-6857, pastorkimberlee@grace-stpauls.org