

Classes at the Scripps Ranch Recreation Center



FUN. FITNESS. WELLBEING.

Mondays, 5:30–6:30 p.m. Ages 7 to adult.

Discover the wellness benefits of karate. Learn not only highly effective self defense, but also valuable self enrichment through this timeless art. Great for kids and adults of all ages, karate is a fantastic way to exercise the body, mind and spirit, and can be used to enhance all areas of your life. The Aoinagi (“green willow”) style offers these benefits through a non-contact practice that teaches core principles while maintaining a safe and fun training environment.

Register in the recreation center office, or visit our website (below).

Questions? Contact instructor Ron Marcus at 858.224.2098
or sron@greenwillowkm.me.



**GREEN WILLOW
KARATE
SCRIPPS RANCH**

The City of
SAN DIEGO
Park and Recreation Department

website: greenwillowkm.me