

At last, the perfect way to protect yourself and improve your mind.

We've been a member of the Cedar Mill Community for over 15 years offering the highest quality in karate/kobudo instruction.

We are the premier Okinawan Shorin-Ryu Karate school.

Shorin-Ryu: a traditional style of martial art is the root of many of today's popular martial arts styles.

Jim Craig, owner and head instructor, has 40 years of karate training and has taught karate in Washington County for over 20 years.

Karate training is for everyone, regardless of size, age, or gender. It is the teaching philosophy based on developing a strong Mind, Body, and Spirit.



All Sunset Credit Union members and their families receive one week of **FREE** training and our 2-for-1 special through 2009!!

A \$25.00 Value!

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