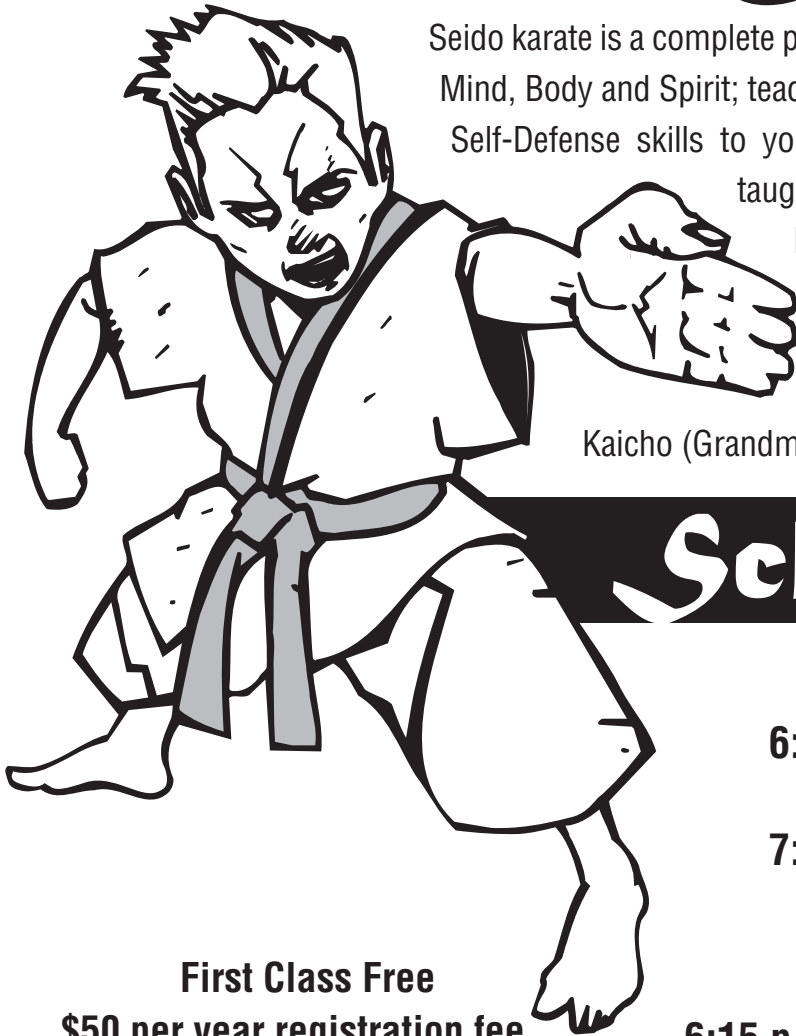


Seido Karate

誠道塾

Seido karate is a complete program emphasizing the integration of Mind, Body and Spirit; teaching confidence, discipline, focus and Self-Defense skills to you and your children. All classes are taught by Sei Shihan Gil Alstein, 6th degree Black Belt (B.S. in Phys. Ed.) with over 34 years of experience - sixteen years as a Chief Instructor at the World Seido Headquarters under Kaicho (Grandmaster) Tadashi Nakamura.



Schedule



WEDNESDAY

6:15 p.m. - 7:00 p.m.
(6-12 yrs)

7:00 p.m. - 8:00 p.m.
(Teens & Adults)

FRIDAY

6:15 p.m. - 7:00 p.m. (6-12 yrs)

7:00 p.m. - 8:00 p.m. (Teens & Adults)

SATURDAY

9:30 a.m. - 10:30 a.m. (4-12 yrs)

10:30 a.m. - 12:00 p.m. (Teens & Adults)

誠道塾

ORANGE
COUNTY
PARKS &
RECREATION

First Class Free

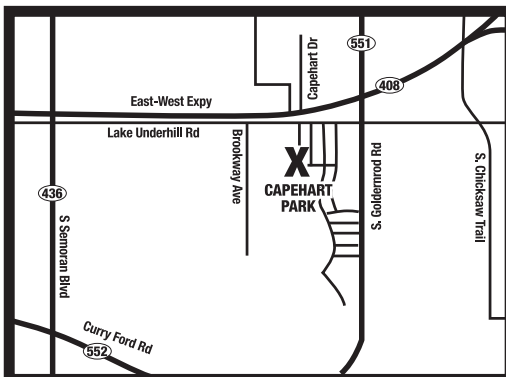
\$50 per year registration fee

\$10 a class/1 class a week;

\$8 a class/2 classes a week;

\$6 a class/3 or more classes a week

*Special needs families please
talk with Sei Shihan Gil*



For Information call

Capehart Park at 407-254-9160

or call Sei Shihan Gil at 407-921-6775

Email: Floridaseido@yahoo.com

www.cflseido.com

www.OrangeCountyParks.net

We embrace the power of diversity. Orange County Parks and Recreation does not discriminate against anyone on the basis of age, race, gender, national origin or disability. ANY SPECIAL NEEDS PLEASE CALL 407-836-6200.

