

# DORAN'S KARATE ACADEMY



Sensei David Doran's karate program provides a safe, disciplined learning environment geared toward maximizing human potential. It is traditional GoJu style karate. This style blends Go, or hard techniques (strength and body conditioning), with Ju, the soft techniques (redirection and breathing).

*Currently, classes are offered with the choice of attending either in-person or virtually.*

## Next session begins Monday, Jan. 4.

**Beginners:** \$40  
**Advanced:** \$55

Open to ages 4-17

New students are welcome. Space is limited to 12 students per class. All students must be preregistered.

**Registration:** Now-Jan. 4, \$10 late fee after Jan. 4.

## Class Times:

White Belt: Mon./Wed. (5:30-6 p.m.)

Yellow Belt I: Mon./Wed. (6:10-7 p.m.)

Yellow Belt II: Mon./Wed. (7:10-8 p.m.)

Green Belt I: Tues./Thurs. (5:30-6:20 p.m.)

Green Belt II: Tues./Thurs. (6:30-7:20 p.m.)

Purple Belt: Tues./Thurs. (7:30-8:20 p.m.)

\*Classes will be recorded and available for those who may miss a live class.

**\*\*No classes Jan. 18**



Register in-person at the Wicomico Civic Center Box Office (Mon.-Fri., 9 a.m.-3 p.m.), online or email a completed registration form to program director Jamie Nichols at [jnichols@wicomocounty.org](mailto:jnichols@wicomocounty.org)

[www.WicomicoRecandParks.org](http://www.WicomicoRecandParks.org)