



KARATE LESSONS

PAK ENRICHMENT CAMP (SUMMER) 2025

In this karate lesson, the campers will learn the basics of movements, striking techniques, kicks, and the philosophy behind karate training.

BENEFITS OF KARATE LESSONS:

- **PHYSICAL DEVELOPMENT**
- **MENTAL AND EMOTIONAL GROWTH**
- **SOCIAL DEVELOPMENT**
- **SELF-DEFENSE AND BULLYING PREVENTION**



