

Offered at RRCC

Monthly Sessions beginning
the 1st Wednesday of every month.

Isshinryu Karate

What Students will learn...

- Respect
- Self-Defense
- Isshinryu's History
- Various Styles
- Philosophies
- Definition of Movements

Pre-registration is required.

Forms are available in the
fitness center.

For additional information
contact RRCC @
908-995-9260 or
staff@riegelridgecc.org

LOW FEES!

Instructed by
Holland Township Local
Keith Groogan

AGES 5+

\$40 per child per month

Discounted Family Rates!

Beginner's Class - new students

under 13 yrs. old 5:45-6:45pm

Advanced Class - over 13yrs old with

previous experience.

6:45-7:45pm

