



ADAPTIVE KARATE (ONLINE)

Class teaches special awareness, discipline, self-control, self-defense, and practical karate skills in an adaptable format, working with each student to achieve their best self.



WHO: Individuals with a special need or disability

DATE: Mondays, June 22 – July 27

TIME: 5pm – 6pm

FEE: FREE

EXTRAS: Must sign up on DRD website to receive the Zoom® link on the confirmation receipt.
Best area for practice: Clear open area on carpet or hard floor

What to wear: Karate uniform (if available) or appropriate workout attire

What to bring (if available): yoga mat, water

Instructor: Sensei Tamara

Please contact Kendra with any questions: 760-834-9597.



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