

UECHI-RYU KARATE



\$80 • PER MONTH
RISNER FITNESS CENTER
MIRROR ROOM
TUESDAYS & THURSDAY
@1930 - 2100

Uechi-Ryu is one of the four original styles of Okinawan Karate with roots in southern China before being introduced to Okinawa. It is an effective system of self-defense based on the movements of the dragon, tiger and crane and is famous for its powerful body conditioning and explosive striking techniques.



**OPEN TO ALL ACTIVE DUTY, DOD EMPLOYEES, AND
FAMILIES OF 18 YEARS OLD OR OLDER.**