

Paradise Valley School of Karate - What makes us Unique?

Paradise Valley School of Karate was established in 1981 under Sensei Mike Wall, a 6th Dan in the traditional Matsumura Seito Shorin Ryu style of Karate. Sensei Wall has worked hard over the last 36 years to establish himself as a valued member of the local community through programs that enrich not only the mind and body, but also the spirit. We offer: Traditional Martial Arts

- Tiny Tots (Ages 4 to 6)
- Simple drills keep the children focused and enthused.
- Youth Program (Ages 7 to 11)
- Build self-esteem and respect through a structured learning environment.
- Adult Programs (Ages 12 and up)
- Practical and effective self defense, weight loss, and conditioning. "Fight Like a Girl" Womens Self Defense
- Teen Awareness (Ages 12 to 15)
- Young women taught the skills to decrease the chances of becoming a victim.
- Girls on Guard (Ages 14 and up)
- Learn to defend yourself in social situations.
- "Rape Escape" Women's Self Defense program
- Most women's self defense programs don't work. See why ours does! Other Programs
- After School Program
- Fill the time between school and home in a safe supervised environment.
- Summer Camp
- Movies, games, swimming, stranger danger, and martial arts. No other summer camp can compare!
- Cardio Kickboxing
- Proven to burn 800-1000 calories in a single hour.
- MMA (Mixed Martial Arts)

- Learn the whole package - striking, grappling, and submission techniques in a practical and safe environment.
- Abduction Reduction
- Decrease the chances of your child becoming a victim.
- Oyako Class (Mommy and Me - Ages 2 to 4)
- Learn useful skills together with your child.

As a special Internet offer, if you bring a copy of this coupon you will receive:

- A month of Karate lessons for only \$49.99
- A free authentic uniform and belt with our school logo on the back
- You or your child's picture on our new team member wall