



PRESS RELEASE

City of Los Alamitos
Contact: Recreation and Community Services
(562) 430 – 1073
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SHOTOKAN KARATE / SELF-DEFENSE CLASS

Los Alamitos, CA – Are you looking to become the next Karate Kid? Now is your chance with Japanese Shotokan Karate. Through this class, participants will learn traditional Karate, and self-defense. Training will focus on kihon (basics), kata (form), kumite (one-step sparring), and goshin jutsu (self-defense). Participants will gain discipline, confidence, body awareness, and fitness. The history of Martial Arts and traditions will also be taught. Daniel Gacad, who is the class instructor, is a 6th-degree Black Belt (Rokudan) in Japanese Shotokan Karate and brings great experience and expertise to the class.

Shotokan Karate is available for youth ages 6-12 and teens/adults ages 13 and over. All classes are six weeks long and are hosted at the Los Alamitos Community Center (10911 Oak St.). Classes take place on Tuesdays from October 22 to December 10. The Youth Class runs from 4:30 – 5:15 p.m. and the Teens/Adults Class runs from 5:30 – 6:30 p.m. There will be no classes on October 29 and November 26.

For more information, please visit www.cityoflosalamitos.org/recreation or contact the Recreation and Community Services Department at (562) 430 – 1073.

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