

## After School Karate begins September 18th!!

Join us in this exciting after school program run by Hull Parks and Recreation at Jacobs School that teaches skills beyond punching and kicking.



Classes Begin September 18th!

The program is a structured learning environment centered on the traditional teachings of Okinawan Karate. Classes include stretching, Kata, mat work and wrestling and sparring techniques and tactics.



\*Classes are taught by Sensei Fred Channell and his head instructor Bill Mazzeo. Sensei Channell is a karate master and holds an M'ED in education. Classes are being run through Hull Parks and Recreation.

Classes are \$65.00 per month for one day a week. \$115 for two days.

**Contact the Rec Dept. at 781-910-9782 for more information**

**Register at the Hull Parks and Recreation Website online**