

AFTERSCHOOL

From the moment school ends, your child enters a safe, structured, and exciting environment that blends traditional martial arts with academic support and character-building activities.

WHAT WE OFFER:



 School Pick-Up Available (ask for participating schools)

 Homework Help & Quiet Study Time

 Daily Karate Training rooted in Goju-Ryu tradition

 Introduction to Martial Arts Weapons (Bo, Tonfa, SAI JO Nunchaku)

 Focus & Respect Lessons

 Team-Building Activities & Games

 Friday Fun Days & Belt Progress Tracking

Register your child now!

(772) 340-3148

"Parents love our flexibility and structure, and kids love the action, friends, and sense of accomplishment!"



OUR PROGRAM ENCOURAGES:

- Self-confidence
- Physical fitness
- Discipline & focus
- Anti-bullying awareness
- Respect for others and oneself



SPECIAL PROMO

Claim your

FREE

2 weeks trial



**Building Strength,
Discipline & Confidence
— One Student at a Time**

**675 SW Whitmore Dr, Port St. Lucie,
FL 34984
(772) 340-3148**





"At Isan Karate, we are dedicated to teaching traditional okinawan martial arts, specializing in okinawan Goju-Ryu karate. Our program focuses on more than just physical skills- we cultivate confidence, discipline, leadership and fitness in all our students. We offer classes for adults and children, including an afterschool program that combines martial arts training with personal growth and academic support. Guided by the principles of respect, perseverance, and self-improvement, our instructors create a safe and supportive environment where students can thrive both on and off the mats. Join us and discover the strength, focus and confidence that comes from practicing authentic traditional martial arts.



Goju-Ryu Karate

The traditional hard-soft style of okinawan martial arts. Goju- Ryu meaning "the hard-soft style" is a traditional okinawan system of karate that unites powerful linear techniques with circular, flowing movements and controlled breathing.

Why we train Goju-Ryu

- Develop confidence, focus and self-discipline
- Build physical strength, mobility and endurance
- Learn traditional kata and practical self-defense
- Strengthen character, respect and leadership
- Balance body, mind and spirit

Training includes

- Fundamental techniques
- Formal patterns
- Sensitivity training and application
- Conditioning and breath work



Okinawan kobudo(weapons)

The traditional martial art of okinawan island that focuses on the practice and mastery of classical weapons. Originally developed by okinawan farmers, guards and village leaders for self- protection when weapons were restricted.

We train with traditional okinawan weapons including

- Bo- Staff
- Tunfa- side- handled baton
- Sai- Forked metal prong
- Nunchaku- Linked sticks
- Eku- ore

Kobudo enriches Goju- Ryu strengthening the hands shaping the mind, and training the warrior spirit.

SCHEDULE



Tiny Tigers (Ages 3–6)

- Tuesdays & Thursdays | 6:00–7:00 PM
- Fun introduction to karate, focus, and discipline

Youth Karate (Ages 7–12)

- Beginners: Mondays & Wednesdays | 5:30–6:30 PM
- Advanced: Mondays & Wednesdays | 6:30–7:30 PM

Teen Karate (Ages 13–15)

- Tuesdays & Thursdays | 7:00–8:00 PM

Adults Classes (Ages 16+)

- Tuesdays & Thursdays | 8:00–9:00 PM

