



MARTIAL ARTS FOR SENIORS

In the style of Shizen-do (the natural way)

Focusing on

Moderate stretching

Light Exercise

Self Defense

Mental Health

Taught by Sensei Joe Kilduff, 4th degree black belt with over 26 years' experience in the Martial Arts and a student of Shihan Don Culp, 8th degree black belt with over 40 years' experience in the Martial Arts and founder of the Shizen-do style.

Don Culp's Karate Studio

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MIND * BODY * SPIRIT

You're never too old to get healthy! Come in and give it a try. Learn as much as you want or as little as you want, no pressure. Train at your own pace. It only takes one class to get started.