



# Seishin Dojo

Owner - Shane Sorensen

Present this coupon for no initiation fee

## Some Benefits of Practicing Karate:

Self Defense  
Focus & Listening  
Self Control  
Coordination  
Motor Skills  
Self Confidence



Teamwork  
Positive Social Interaction  
Good Decision Making  
Memorization & Retention  
Self Esteem  
Respect



Balance & Posture  
Personal Responsibility  
Self Discipline  
Physical Fitness  
Healthy Living  
Personal Safety

**Kids Classes: Monday thru Thursday**  
**4:30-5:15p, 5:30-6:15p**

Stop in and watch a class or please contact me for more information!  
Multiple student discounts available



406.952.1050  
406.788.5840



shane@seishindojo.net



624 Central Avenue  
Great Falls MT 59401



seishindojo.net