



The Grosse Pointe Karate Club

The Grosse Pointe Karate Club teaches traditional Okinawan Isshinryu Karate.



Students will be taught basic exercises, blocks, strikes, and kicks. Thereafter, students learn kata, ippon, and kumite. Advanced students also learn kobudo, (weaponry).

Students progress at their own pace with the help of a large number of black belts, and under the guidance of Master Michael J. Schaefer, 9th degree black belt.



Karate is an excellent way to become healthier and more confident.

Students range in age from 8 years old and higher. Families are invited to join as well as individuals.

Classes are held on Tuesdays and Thursdays 6:30 pm at the Neighborhood Club in Grosse Pointe.



Registration is through the Neighborhood Club
313-885-4600

For more information, please visit
www.grossepointekarateclub.org

April 4, 2022