



# OKINAWAN GOJU-RYU KARATE



## Okinawan Goju-Ryu Karate

A true traditional ancient  
martial arts form

A daytime martial arts class geared to  
all ages and abilities

**Tuesdays 12:00 pm—1:00 pm**

Sensei Charles Bentz is a 5th degree black belt in Shorei-Kan Okinawan Goju-Ryu Karate. He has been training in the martial arts since 1974. The system he teaches is unique as it invites participation from both beginner and advanced martial artists. Sensei has tailored his teaching to allow people of all ages to practice safely and build physical strength and patience. He also teaches the practice of Dharuma Taisho exercises—a series of ancient exercises for health and longevity. These exercises will provide flexibility, strength, stress relief and cardiovascular conditioning.

Make yourself into the person you have always wanted to be.  
Reduce tension build up!  
It is never too late to change who you are!

**Sensei Charles Bentz 917-447-6936**

### Benefits:

- ◆ Physical fitness
- ◆ Self Defense
- ◆ Weight Control
- ◆ Breath Control
- ◆ Mental Discipline

Fierce Dragon Martial Arts Family  
Training Center

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718-767-5425  
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**2 FREE Trial  
Classes**