

Contact us today!

Find Yamashita Karate on the web at:
www.yamashitakarate.com

Visit our dojo at:
255 Route 2 in Groton
(visitors are always welcome to watch
our classes)

Give us a call for more information or
to register for class at:
860-448-0315

Email us at:
renshiborbon
@yamashitakarate.com

Check out our videos on YouTube:
www.youtube.com/user/renshiborbon

Two free karate classes

FREE

YAMASHITA INTERNATIONAL KARATE

*Offer good for new students only

Class Schedule

Mondays and Wednesdays
5:15-6:15pm Advanced children
6:15-7:15pm Advanced teens
7:15-8:15 Advanced adults

Tuesdays and Thursdays
5:15-6:00pm Beginner children
6:00-6:45pm Arnis/eskrima
6:45-7:30pm Beginner adults

Fridays
6:00pm-7:30pm All students

Saturday
10:00-11:00am Kobudo (weapons)
10:00-12:00pm All students

*Visit our website for up-to-date
news on events, competitions, trips,
testing results, and other information
on dojo activities.*



**Physical Training, Mental Discipline
& Spiritual Awareness**

**Yamashita
International Karate**

255 Route 12
Groton, CT
06340
860-448-0315

Choose Yamashita Karate!

We offer:

- **A professional dojo.** Our modern facility is staffed with highly skilled, advanced black belts. We are professionally affiliated with Hanshi Tadashi Yamashita who is a world-renowned Karate and Kobudo master.
- **Two free classes.** All new students are given a week of free classes to get acquainted with our school.
- **Small class sizes.** Class size is kept small enough to give every student individual attention and personal instruction during each session.
- **Scheduling choices.** Students can determine how often they want to attend class. Students can train a minimum of two or maximum of four times per week.
- **Advancement.** Students advance through the levels of karate (signified by the color of their belt) at their own pace. Students must meet the requirements of their level then test in order to advance.
- **Classes for all ages.** Our youngest students have been about four years old and our oldest students have been over 60! Our classes are designed for all ages and abilities.
- **A variety of classes.** In addition to traditional karate classes, we also offer arnis classes (a self-defense style from the Philippines) and kobudo classes (which feature weapons such as sticks, nunchukas, and throwing stars).

What will you learn at Yamashita Karate?

- Discipline
- Teamwork
- Dedication
- Self control
- Spiritual awareness
- Physical fitness
- Self defense



Meet Renshi Emmanuel Borbon

Renshi Emmanuel Borbon holds a 6th Dan rank in Kobayashi Shorin Ryu Karatedo and a 4th Dan rank in Zen Okinawan Kobudo. With nearly twenty five years of experience in the field of karate, Renshi Borbon, the owner of Yamashita Karate, has dedicated his life to teaching the art and discipline of karate to many hundreds of students over the years. While many karate schools focus on self defense only, Renshi Borbon emphasizes not only self defense skills but, more importantly, the skills that his students will be able to use for the rest of their lives including discipline, self control, teamwork, dedication, spiritual awareness, and the importance of physical fitness. Many of the parents of Renshi Borbon's students have commented on how taking classes at Yamashita Karate has improved not only their child's physical abilities, but more importantly, their child's abilities to do well in school, get along with others, and focus on the task at hand. Renshi Borbon's dedication to karate is evident to all and inspires his students to succeed not only in karate but in life.

