

# THE TOP 5 KARATE MYTHS OF ALL TIME

## MYTH 1: KARATE CLASSES COST A LOT.

Actually, with Aoinagi ("Green Willow") Karate at UCSD, it's **\$61 for an 8-week class** – much less than many other fitness programs.

## MYTH 2: KARATE IS ALL ABOUT FIGHTING.

At Aoinagi Karate, it's all about seeking **peace**.

## MYTH 3: YOU'LL GET HIT IN TRAINING.

Aoinagi Karate is **non-contact**. We **avoid** getting hit.

## MYTH 4: TRAINING IS STRICT AND SERIOUS.

At Aoinagi Karate, we're serious about creating a **fun, supportive environment** designed to help you enjoy all that karate has to offer you.

## MYTH 5: YOU'VE GOT TO BE ATHLETIC TO KEEP UP.

Aoinagi Karate is an excellent way to get in great overall shape, **at your own pace**, whatever your athletic level, age, or familiarity with martial arts. We all work **together**.

**REALITY:** Aoinagi Karate at UCSD is your total self-development tool to workout your body, mind and spirit. We'll help bring out the best in you by bringing you the best in martial arts training. Classes are fun, really affordable and conveniently located on the UCSD campus. Sessions are held Tuesday and Thursday evenings from 6:00 - 7:00 pm in the Main Gym complex. Learn more about Aoinagi Green Willow Karate at: [www.aoinagikenshukai.com](http://www.aoinagikenshukai.com).

**CLASS STARTS OCTOBER 8 @ 6:00 PM  
IN THE FITNESS ROOM AT UCSD.  
FIRST WEEK IS FREE**



**AOINAGI**  
KARATE  
AOINAGI KEN SHU KAI



**Register online at [rec.ucsd.edu](http://rec.ucsd.edu):**  
Add "Aoinagi Karate All Levels" to your shopping cart.

**We've got kids classes  
too! Tues, Thurs 5-6 pm**