



TENSHO GOJU KARATE NEWS

URBAN COMBAT SURVIVAL

CLASS SCHEDULE

Saturday's

11:00 am – 12:00 pm CST

Lawton Dojo

12:00 pm – 1:00 pm EST

Honbu Virtual Dojo, VA & On-site

Monday's

7:00 pm – 8:00 pm EST

Prince George, VA

Wednesday's EST

7:00 pm – 8:00 pm

Prince George, VA

Thursday's

(**Beginners Class**)

7:00 pm – 8:00 pm EST

Virtual Dojo

On-Line Live with Shidoshi

See Calendar

Private Lessons
Coordinate Schedule

ADDITIONAL SERVICES

- Self Defense Seminars
- Cardio Fitness Kickboxing



GET STARTED RIGHT AWAY

We offer a “**Two Free Classes**” to help break the ice and allow you opportunity to decide if our academy is the right choice for you and your family. Just complete the Registration Form available on our website and bring it to class.

QUESTIONS & ANSWERS

Q: Do I have to sign a contract?

A: No! We do not believe in contracts to lock people into attending classes. We have a monthly tuition system of integrity. Monthly tuition is due on the 1st or the 15th depending on enrollment date and location. Unless otherwise directed based on location.

Q: Is there a discount for large families?

A: We attempt to keep cost at an affordable rate for all to participate. Also, we have scholarships available upon request.

Q: Can parents take classes with their child?

A: Absolutely! We highly encourage families to train together, as this promotes quality time, to include benefits of collective physical conditioning and learning how to protect oneself.

Q: Is there a fee for Online Training?

A: Donation monthly

Q: What do I need to get started?

A: You can wear sweat pants and T-shirt for your first few sessions and then we encourage you to purchase a uniform (gi) available at the academy \$40. Optional wear: Tensho Goju designed T-Shirts will be available for purchased through sidequestcreation.com for \$25.

****All Classes Listed are In-Person and Virtual.***

“No Contract Lock In”



CONTACT US

Tensho Goju Academy

Tel: 804.396.3636

Website: www.teshogoju.com

training with Mr. Felder in person may send a request via text or or phone call.

BENEFITS OF TRAINING TENSU GOJU KARATE

There are many benefits students gain from their training, which consist of instilling discipline, respect, building self-esteem, confidence, as well as challenging physical conditioning for body tone and health improvement.

Moreover, we have an academic incentive program, which our students are encouraged to obtain academic grade averages of all A's or A's & B's in order to obtain an award during the end of school year Academic Achievement Award ceremony.

OUR HEADQUARTERS (HONBU 本部道場) FACILITY

Our main headquarters resides at the training facility of the Founder for Personal lessons, or small group. This training is scheduled by appointment only. Anyone wishing to attend

WRAP UP

Dealing with daily responsibilities of life is enough without the added worries of personal safety. Unfortunately, we live in a society where some form of crime can happen at anytime and anywhere. Therefore, it is better to know how to defend yourself and loved ones if ever a situation should occur. Don't become a victim statistic... learn the skills gain control of the narrative. Our training will equipped you with the necessary skills and confidence to survive a physical hostile encounter, as well as promote social awareness, increase flexibility, enhance self-esteem, build confidence, and boost fitness levels for better health. There's really no need to procrastinate. Moreover, we made it possible to train Tensho Goju remotely using present day technology via the Honbu Dojo virtual training with Shidoshi, to include three months of recorded video illustrations to aid in familiarization and improvement of skills. Finally, we've added an opportunity for students training from remote locations to partake in a scheduled quarterly virtual and in-person for possible promotion. With all said... the time is now, so Let's Go!

Take care and be safe!

Respectfully,

Thomas L. Felder

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TENSU GOJU
Karate/Aiki-Jitsu