

# **OCPR ADULT KARATE**

## **AT**

### **ORANGE ELEMENTARY**



**Head Instructor: Sensei Steven Aldridge**  
**Assistant Instructor: Sensei Spike Richards**

We are excited to bring a new, adult karate class to Orange County Parks and Recreation to complement our existing children's karate class. This class is a traditional Okinawan martial arts class with an emphasis on personal defense training. Training includes grappling, weapons, and basic traditional Chinese medical theory. We train students to utilize the body as an integrated unit to provide a reliable defense system for both large and small individuals. The Aldridge karate institute system has been in operation for over 30 years in the area.

**Wednesdays, 6:30pm-8:30pm**  
**Ages 15+**

**Class Fee: \$45 per month**  
**+ Uniform Fee Paid to Instructor**

Contact Orange County Parks & Recreation to Register:  
(540) 672-5435  
146 North Madison Road, Suite 205  
Orange, VA 22960

[www.orangecountyva.gov/parksandrecreation](http://www.orangecountyva.gov/parksandrecreation)