

# DOUVRIS

Karate • Fitness • Leadership



## 55+ Karate – Only at DOUVRIS

*Thanks to Hollywood, karate is sometimes misconstrued as a hard-hitting martial arts form, but in reality, it's one of the best and most controlled forms of physical activity for improving fitness, focus, and concentration. With a lifetime of achievement and knowledge, and led by Hall of Fame Master Sensei John Douvris, our 55+ karate program was designed to offer you all the holistic benefits of this respected martial art, while ensuring your personal well-being and progress in a gentle and welcoming environment.*

**Here's what makes our 55+ karate program such a valuable addition to your wellness efforts:**

### **Gentle Movement**

We emphasize slower and gentler movement to ensure that your body is protected from stress and injury. While you will learn the basics of striking, blocking, and defending this will be accomplished in a slow and controlled manner under the guidance of accredited teachers that understand your particular needs.

### **Sparring-free Training**

There is no sparring or fighting in our +55 karate program. You will focus on your own skills and develop these to the best of your abilities under the supervision of our master instructors.

### **Kata – Choreographed Forms to Improve Focus and Concentration**

One of the unique characteristics of karate is kata, choreographed forms that may be performed individually or as a group. These choreographies challenge the mind and the memory in a positive way and also serve to enhance muscle memory.

### **Stretching, Warm-up and Cool down**

All classes begin with a warm-up to help minimize any chance of injury. A properly prepared body and mind will perform better, with less chance of injury.

### **Individual Progression**

In our 55+ karate program, everyone learns together, but at a pace that works for them. Individual break-out instruction ensures that everyone is progressing at their own comfortable speed and under the supervision of trained karate professionals.

### **Train with Like-minded People**

Our 55+ karate program was designed with people aged 55 Plus in mind. There are no teens or Bruce Lee wannabees in this class. Just people who enjoy stimulating activity that enhances the body and the mind.

### **Progression Up to Black Belt, and Beyond**

You can take your adventure into karate as far as you wish, including full black belt certification. Now there's something to tell your family and friends about!

613.234.5000

[www.douvris.com](http://www.douvris.com)