



Metz Recreation Center

2407 Canterbury Street

Metz Recreation Center is offering American Soryu Karate Classes, for youth and adults, ages 7 years old and older are welcome to participate.



Instructor Master A Flores 6th Dan

**Soryu Karate is a hard contact style with long deep stances
Our workouts consist of forms (kata) and sparring (kumite)
Karate is also an excellent means of self-defense.**

Ongoing Registration

**Monday & Wednesday & Saturdays
Kids class begins @ 6:00 PM to 7:00 PM
Adults class begin @ 7:00 PM to 8:00 PM**

**For More Information or to Sign up,
Please Call Metz Recreation Center**

<http://www.austintexas.gov/department/metz-recreation-center>



Call 512 478-8716 or 512 563-8721



The City of Austin is committed to compliance with the American with Disability Act. If you require special assistance for participation in our program or in the use of our facilities, please call 512-478-8716