

# LIGHTNING KARATE

Traditional Karate and Street-tested Self Defense

## YOUTH CLASSES

### Monday & Wednesday

Beginner 4:15—5:00 pm

Intermediate 5:00—5:45 pm

### Tuesday & Thursday

Beginner 4:15—5:00 pm

Intermediate 5:00—5:45 pm

### Friday

Advanced 5:00—5:45 pm

## ADULT CLASSES

Tuesday 5:45—6:30 pm

Friday 5:45—6:30 pm

YMCA Members \$35/month

YMCA Nonmembers \$50/month

*\* Uniform is free with payment of the first month's class fee.*




### DAILY FAMILY YMCA

134th & Memorial

Bixby, OK 74008

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A large, stylized silhouette of a karate instructor in a dynamic pose, wearing a gi and a white headband. The silhouette is positioned behind the text on the right side of the page.

**JOHN WADLIN**  
6th Degree Black Belt  
37 years experience  
Instructor of the Year 1993  
(Oklahoma Karate Association)  
Two-time Inductee to the  
Karate Hall of Fame  
1985 National Finals  
Heavyweight Champion

*For more information, call John Wadlin at 361-3950  
or the Daily Family YMCA at 369-9622*