

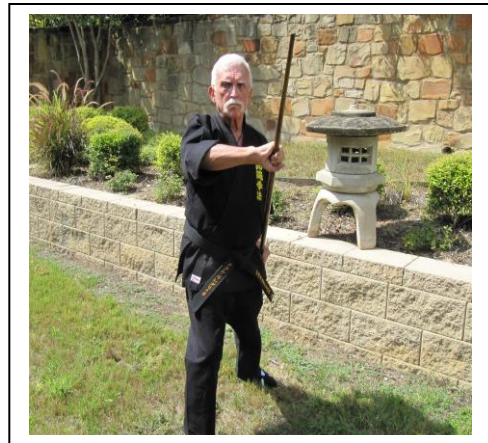
**Many people associate Martial Arts with  
Violence and Fighting!**

**Nothing could be farther from the truth**

## **OKINAWA KENPO KARATE FOR SENIORS**

*Are You Looking To Get Away From the Same Boring Old Exercise Routine  
and Have Fun as Well as Improve Your:*

**Health, Stamina, Balance & Fitness  
Calmness & Clarity  
Personal Achievement  
Conquering of Fear and Self-Doubt  
Building of Confidence/Self Esteem  
Practical Life Protection Skills  
Quality of Life  
Growth Mindset  
Grit: Passion and Perseverance  
for long term goals**



**Instructor: Deshi Sensei of Okinawa Kenpo Alan R. Gingrich  
Member: DeValentino Shudokan Schools International &  
Dragon Society International**

**Dr. Gingrich has studied and taught Traditional Chinese Medicine (TCM), martial arts, qigong (energy building exercises) and Tai Chi for more than 40 years. He has a Doctorate in TCM, and is a Research Associate Fellow of the Occidental Institute Research Foundation for TCM.**

**He is a direct student of  
Okinawa Kenpo Master Marcus DeValentino.**

**For more information and to register:**

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**Or Tel: 210-971-7194**