



## **SURYODAY** **KARATE KA** **CLASSES**



# **Kyokushin Full Contact Karate**

**Daxa Rathod (Female Coach)**

15 Years practice

**Hiren Rana (Male Coach)**

10 Years practice

**Basic :- Punch, Kick, Blocks, Dachi,  
Kata Combinations**

- \* Kihon
- \* Body Conditioning
- \* Warm up and stretch

**Guaranteed**  
**to become**  
**District level &**  
**State level**  
**champions**

**Contact us.**

**73593 53171, 79842 20649**