

About the Instructor



Shihan Phillip LaPointe
Godan (5th Degree)

Our program's Head Instructor, Shihan Phil LaPointe has been training in Karate since 1977. Sensei holds the rank of Godan (5th Degree Black) in Kyokushin Karate and 1st degree in Ketsu-Ka Karate.

Shihan has won tournament medals for karate including Gold in the CT Chapter of the Amateur Athletics Union and was later ranked 5th in the Country in the AAU. He has won several Gold, Silver, and bronze places in local tournaments. He has assisted in refereeing numerous tournaments as well.



Shihan is an accomplished Self Defense instructor as well, teaching for organizations such as General Electric. In 2012 Phil took over the Manchester Kyokushin School from his teacher and is now the Head Instructor of the PAL Karate School and Club. Known for his patience with kids, he also instills expectations of doing ones' best in all of his classes.



Sensei offers private instruction for adults.
Call Phil LaPointe at
(860) 230-7991

Adult Karate & Self Defense

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*We teach self-discipline,
self-control and respect for
oneself and others...
for home, for school and
throughout life.*



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**THE MOST COST EFFECTIVE
TRAINING IN THE AREA!!!**

No promotion fees!
Skilled Certified Instruction!

TRAINING SCHEDULE

Youth Karate (Trials welcome)

Mondays: 5pm to 6pm

Wednesdays: 5pm to 6:30pm

(No class 3rd Monday of each month)

Adults only (18+)

Contact Instructor

(Please see rear page for info on Adult training)



Youth ages 6-18 are welcome to try our program. The trial period helps students and parents, as well as Sensei LaPointe, decide if our program is a good fit for the youth.

For info & trials visit:

<https://www.manchesterctpal.org>

The Manchester [PAL] Martial Arts program is located at the PAL Center Dojo (at Hilliard Mills) 642 Hilliard St. Manchester, CT 06042

Questions?
Contact Shihan Phil LaPointe
(860) 230-7991

Why PAL KARATE?

A study published in Psychology Today magazine found that children in martial arts have an increased sense of responsibility, a decrease in the willingness to take foolish risks, and a higher sense of self-esteem.



PROGRAM GOALS & BENEFITS

Karate employs techniques that can build your child's strength, endurance, flexibility, posture, balance, and coordination.

The well-rounded teachings of children's karate can affect kids positively by enhancing their life skills and emphasizing their values and attitudes.

Karate is one of the best ways to not only help your child live a well-rounded life, but also to reiterate the positive values you teach him or her at home.

Constructive learning in a friendly, nurturing environment.

Students are continually coached & encouraged in their quest for excellence in striving to reaching their goals.

From an enhanced self-esteem to an improved sense of self-discipline, taking martial arts classes is sure to equip your child with the skills he or she needs to be successful in all aspects of his or her life!

COSTS

Ages 6-18

Manchester Resident: \$180 per year

Non-Resident: \$215 per year

No promotion fees!
Skilled Certified Instruction!

REQUIREMENTS

Students must be at least six (6) years of age.

A trial period of at least 2 classes must be completed. Sensei will evaluate the student to see if Karate is a good option for the youth.



Student must be available to represent the PAL Martial Arts Program by attending scheduled volunteer & program events.

