

Saturday MAY 19th

11 am - 1pm



GMAS Karate
195 High Street - Ipswich MA
(781) 363 - 6715

**YOU ARE
INVITED**

Dojo presentation at noon



www.GMASkarate.com

See us on
You Tube

Fun stuff

- Games
- Karate Kicking – kids
- Self Defense – adults
- Extensive discounts
(these offers only be available at Open House)
- Snacks, Coffee and other Refreshments
- Gifts



CARDIO-Kickboxing