

## **The Vancouver Traditional Martial Arts Dojo**

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Looking for a fun, active hobby for your child that will  
**boost confidence and instill discipline?**

**Join The Vancouver Traditional Martial Arts Dojo** and be a part of a fun and welcoming community while learning the time-honoured Japanese tradition of Karate.

Plus, after a FREE week of classes here, we'll give you a free Karate Gi just for signing up!

**Register for a  
FREE Class**

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Karate is a long-standing tradition that's been around since the 17th century.

Not only is it excellent mental and physical exercise for anyone, it's especially beneficial when introduced to children at any early age.

### **Do any of these describe your child?**

- Lack of focus
- Excess energy with no good outlet
- Low self-esteem
- Target for bullies

- Hard to keep motivated
  - Overweight with poor muscle tone
  - Stressed and anxious
  - Poor body-muscle coordination
  - Sleep-deprived
  - Poor social skills
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As a member of The Vancouver Traditional Martial Arts Dojo, you and your child belong to a community of folks who are dedicated to the well-being of others.

Every class involves:

- Mentorship: Senior students teach junior students.
  - Respect: A traditional Japanese ritual for starting and ending class.
  - Leadership: Student-led warm-ups.
  - Self-improvement: Students are taught to always strive to improve.
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## **Who is our Sensei Lucas?**

Lucas Trottier is a 4th Dan black belt in karate who has taught both adult and children karate in Vancouver since 2009.

He is trained in the Shorinji Ryu Karate tradition, Old Yang Style Tai Chi Chuan as well as Kobudo (traditional martial arts using weapons).

In addition to being the head sensei at the Vancouver Dojo, he is a student of Acupuncture at Kwantlen University in Richmond, BC.

Lucas-sensei works with children and youth of all ages and abilities, motivating and inspiring them with fun, energetic classes and personalised attention.

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## **What Parents are Saying...**

“Our whole family has trained with Lucas-sensei for the last five years and it’s been a game changer. Less screen time, more active fun time!” — Peter P.

“Sensei Lucas works with each child individually and helps them create their own personal path to improvement.” — Lydia H.

“The Vancouver Dojo is a welcoming community where children feel comfortable to be themselves yet are challenged just the right amount.” — Mike W.

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A life of martial arts is an investment into your child’s physical and mental well-being and is unlike any other hobby or sport.

For no obligation, your child can try a free week of classes and walk out with a gleaming white Karate Gi!

**Sign up for a FREE Trial  
and FREE Karate Gi!**