

## Class Schedule

Day	Class	Class Time
Monday	Children/Adults (W-Y-O Belts)	6-8:00 pm
Tuesday	Children/Adults (G-P-B Belts)	6-8:00 pm
Wednesday	Children/Adults (W-Y-O Belts)	6-7:30 pm
Thursday	G-P-B Belts Aiki Jutsu	6-7:00 pm 7-9:00 pm
Friday	Priv. Lessons (appt. only)	7-8:00 pm
Saturday	Children/Adults (All Ranks)	11am- 12:00pm
Sunday	Tests and Clinics	

Some classes are mixed. Children must learn not to be intimidated by adults in a self-defense situation.

# TATSU DO

## HOMBU DOJO

3559 Poplar Hill Rd.  
Livonia, New York 14487

[www.tatsudo.com](http://www.tatsudo.com)

(585) 346-5160

## Instructors

Instructor	Rank
<b>William Cavalier</b> (Head Instructor -- Hanshi)	10th Degree, Karate, Kobudo, Aiki Jutsu, Iai
<b>Gilles Bray</b>	5th Degree, Aiki Jutsu 2 <sup>nd</sup> Degree, Karate
<b>Robert Rosatti</b>	2 <sup>nd</sup> Degree, Karate
<b>Anne Barrend</b>	3 <sup>rd</sup> Degree, Karate
<b>Tom Horn</b>	1 <sup>st</sup> Degree, Karate

**Hanshi William R. Cavalier, Jr**, the Head of Tatsu Do, has been studying and teaching Martial Arts more than 40 years. He received his first Black Belt rank in the early sixties. Today, he is the head of the Tatsu Do Martial Arts and was awarded the rank of **10<sup>th</sup> Dan**, highest rank attainable in martial arts.

**Hanshi Cavalier** offers lessons for both adults and children, men and women. He still teaches personally several times per week. Instructions include Karate, Kobudo (weapons), Aiki Jutsu and Iai Jutsu (Japanese sword). Tatsu Do is renowned for its teachings of self defense.

# TATSU DO KARATE



**HANSHI WILLIAM R. CAVALIER**  
10th DAN, SOKE  
TATSU DO



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## About **TATSU DO** Training

**TATSU DO** is an eclectic system of martial arts founded by Hanshi William R. Cavalier, after many years of study in the arts ranging from JuJutsu, Chinese Kempo, Shito-ryu, Chito-ryu to Goshin Jutsu Kyo Jujo. Hanshi Cavalier has also studied Kung Fu and various weapons systems.

The beginner in **TATSU DO** is taught firm discipline and defense techniques of Karate. Each class consists of aerobic warm-up exercises, stretching, body conditioning and Karate instruction.

Students learn striking hand techniques, kicks and blocks. Practice also includes self-defense and free style sparring. For advanced students, training is given in JuJutsu and AikiJutsu maneuvers. Starting at green belt, students are introduced to the use of oriental weapons, bo and sai. Safety is strictly enforced, especially with beginners.

Anyone can learn Karate – men, women, children. No special talent or physical strength are required, only discipline and willingness to work hard.

### To the Student:

Through **TATSU DO** it is my hope to show you not only self-defense but a way of life. Those who study it in earnest will reap tremendous rewards; those who will take it in jest will find nothing. Student who aspires to be good must practice outside what he has learned inside. Lack of diligent practice will result in stagnation. Ranking will be determined on the basis of physical achievement and on mental attitude.

Hanshi William R. Cavalier, Soke

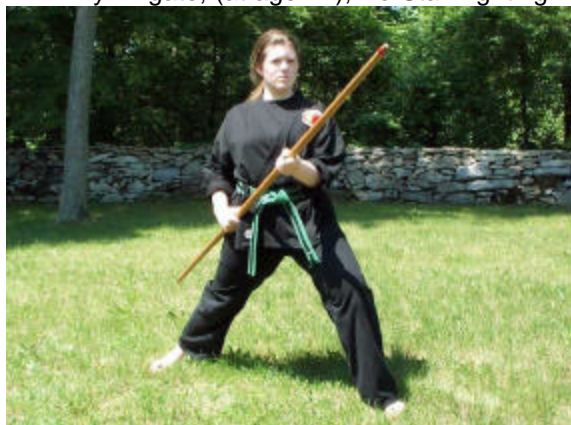
### Conditioning:

Matt Milgate, (at age15), Rear Stance



### Weapons Self Defense:

Emily Milgate, (at age 12), Bo Staff fighting



### Kicking Technique:

(Brian Kabala, (at age 12), Side Kick)



## Training Fees

Membership Plan	Monthly	3-Month
<b>Adult</b>	\$ 45	\$ 122
<b>Junior Age 6-15</b>	\$ 40	\$ 108
<b>Family (2 Adults)</b>	\$81	\$ 219
<b>Family (2 Juniors)</b>	\$ 72	\$ 194
<b>Family (Adult + Junior)</b>	\$ 77	\$ 208

(Other plans available, please inquire)

### Special Offer:

Get a **FREE Uniform**  
worth up to \$45 with  
**3-month start-up  
membership !!!**

### Please Note:

- Lifetime Tatsu Do Registration Fee (\$25) due at the end of the first month.
- Other Equipment Required: (w / tax)
  - Student Manual \$ 8.56
  - Groin Protector \$10.70
  - Mouth Guard \$ 2.14
  - Patch \$ 8.56
- No Refunds