



# YOSHUKAN KARATE EXCELLENCE

Karate Excellence is a Montreal karate school  
dedicated to women and girls from age 6 and up.

*Serving Côte des Neiges, Hampstead, NDG, and Westmount areas*



## Head Instructor: Sandra Coffey

2<sup>nd</sup> DAN Kanreikai Karate – 1<sup>st</sup> DAN Yoshukan Karate

Sandra has been teaching karate since 2004 and is passionate about the development of each student in body mind and spirit. She is a dynamic and dedicated instructor, appreciated by her students for her ability to motivate as well as her pursuit of excellence.

Sandra founded the Karate Excellence dojo in January 2013.



Matthaeus  
Bauernberger



David  
Francis



Maryève  
Gouron



Miki  
Nishida

### Class Schedule

**Tuesday** 6:30pm to 7:45pm

**Thursday** 6:30pm to 7:45pm

**Saturday** 10:30 to Noon

**Location:** Villa Maria High School  
Montreal Quebec.  
See our web site for detailed directions.

### Contact Us:

514-243-9979

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