

**Fully Committed to
Bettering Our Community!**



Operation Christmas Child



Monday Beginner Class

**For All Ages, From All
Walks of Life!**

Want Know More About Us?

Our Podcast: [Punch, Kick, Choke, Chat](#)

Visit Us on [YouTube](#)

Find Us on Instagram [@legacyshorinryu](#)

Catch Us on Facebook [@legacyshorinryu](#)



FIND US AT:

29 Manitou Drive, Unit #1
Kitchener, ON, Canada

legacymartialartsandfitness.com

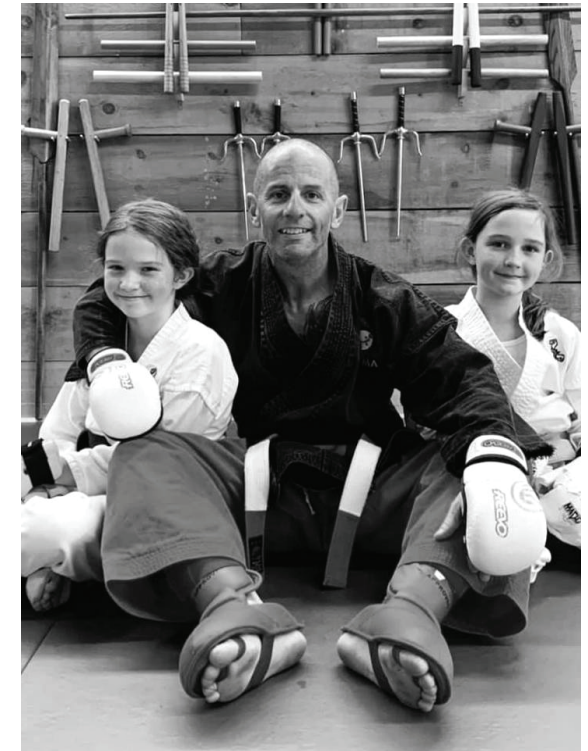
OR CONTACT US:

Cell: (519) 497-9937

Secondary: (226) 339-4169

legacymartialartsandfitness1@gmail.com

Legacy Martial Arts and Fitness



*****Contact us NOW and
receive your first TWO weeks
of lessons ABSOLUTELY
FREE!!!*****

**"How you do anything, is how
you'll do everything" ~ Sensei
Randy Dauphin, Head Instructor**

Who We Are

We are a Classical School of **Shorin Ryu Karate**: harnessing the Way of the Shaolin Temple to help students defend themselves; get in shape and gain confidence

We are a Classical School of **Musō Jikiden Eishin-Ryū Iaido** (Japanese Sword): passing on practical techniques used by 15th Century Samurai



Left to Right: Sensei **Randy Dauphin**, Hanshi **Gary Legacy**, Shihan **Nicklaus Suino**

Our Head Instructor, **Sensei Randy Dauphin**, is a 7th Dan in Shorin Ryu Karate; 4th Dan in Musō Jikiden Eishin-Ryū Iaido; Two-Time Karate World Champion and Canadian National Iaido Medalist

We are the **Premier Club** for **Classical Martial Arts** and **Fitness** in **Kitchener, Ontario**

What We Offer

Karate: All Levels

Learn how to punch and kick under the system crafted by **Hanshi Gary Legacy** (10th Dan in Shorin Ryu Karate)



Iaido (Japanese Swordsmanship): All Levels

Wield a Japanese Katana under the system championed by **Shihan Nicklaus Suino** (8th Dan in Musō Jikiden Eishin-Ryū Iaido)



Okinawan Weapons

From Nunchaku to the Bo Staff: hone your skills in Traditional Okinawan Weaponry!



Other Classes

Self-Defense

Learn what to do to help you get home safely!

Cardio Kickboxing

Test your punches and kicks through a great work out!

Fitness & Stretching

Shed your aches and pains by conditioning your body the proper way!



Other Services:

Seminars; Martial Arts History; Karate Reading Club; Tiny Tots Karate; Private Lessons

How can **WE** help **YOU** achieve **YOUR GOALS?**