

# TOP NOTCH NEWS

## WE ARE TOP NOTCH!

### Top Notch Karate - Newark, Delaware

For almost 20 years, Top Notch Karate, led and owned by Master David Laughlin, has been

providing the benefits of Tang Soo Do to the Newark, DE community. Though it is well-known that all forms of karate are great for physical strength and self-defense, the emotional and psychological benefits are less known, but are just as important. Check out the list below to see all that the martial arts have to offer!

-focus & listening

-teamwork & positive social interaction

-memorization & retention

-self-esteem & confidence

-self-discipline & responsibility

-self-control



#### OSCAR!

Smiling horseback stance!



#### JAKE!

Ready in fighting stance!

Hope you're loving our new website! Don't forget to like us on Facebook and watch for daily inspiration, pictures, awesome karate quotes, and chances to win free stuff!

1

### WATCH A CLASS

Stop by the studio any time to check us out!

2

### TRY AN INTRO

Not sure if you want to commit? Try 5 classes to see!

3

### JOIN OUR FAMILY

Find a package that works with you or your child's schedule.