

GOJU COMPETITION

Left, Manuel Zuniga of Weston competes in a Goju Karate competition at the Weston Community Center. Right, Sam Silverberg of Cooper City competes in what is called Empty Hand Forms. The class is offered to ages 6 to 9 from 6 to 7 p.m. and to ages 9 and older from 7 to 8 p.m. Mondays and Wednesdays at the center, 20200 Saddle Club Road. David Schopp, a fifth-degree with seven certified black belts in Goju Karate, will teach the basic principles of self-defense, fighting, weaponry and forms. The cost for three months of once-weekly classes is \$125; for three months of twice-weekly classes, the cost is \$200. Call 954-389-4321.

STAFF PHOTOS/ERIC BOJANOWSKI



TAKING ON THE FORMS

Left, Alan Siegel of Plantation competes in what is called Empty Hand Forms. Right, Grant Stemler of Weston competes in Tenshoa, where one is distracted while competing in Empty Hand Forms.

