

CENTRAL GETS A KICK OUT OF KARATE

Central Catholic High School recently added an extracurricular Karate Club to help students and staff get fit, learn self-defense techniques and bring new learning opportunities to their after-school programs. The free course is run by Sensei Jarrod Brown, a Central math teacher and football/track and field coach, who began studying karate at



age 5 and is a black belt with the Giordano Family Methuen Karate Association of Methuen. About 30 club members are enjoying events including a board-breaking class, an interschool tournament and a beach-training class, in partnership with the Giordano school. Courtesy photo.