

Summer 2010 Sanchin Ryu Karate

(Complete descriptions can be viewed by scrolling down through next three pages)

Please return this completed form with your payment (check payable to **Vicksburg Community Schools**) by one of the following methods:

*** BY MAIL**

Vicksburg Community Education
301 S. Kalamazoo Ave.
Vicksburg MI 49097

*** IN PERSON**

8:00 a.m. to 4:30 p.m. - M-Th
8:00 a.m. to 4:00 p.m. - Friday

*** DROP BOX**

located outside south VAB entrance
(fire escape tube end of building)
to the right of the door. Box is checked daily.

Student Name _____

Address _____ City _____ Zip _____

Home Phone _____ Daytime Phone _____

All classes are held at Indian Lake Elementary on Mondays

KARATE FOR KIDS! (4-14 years old - Kindergarten through 8th grade)
6 to 7 p.m. \$30 (10 weeks)

KARATE FOR FAMILIES (Parent and child program for all ages)
7 to 8 p.m. *\$60 (10 weeks)

* Pay for the first two members of the family (\$60) and other family members are free during this time period only.
A family is defined as mother, father, and their children under the age of 18.

Registering in session (please circle):

Summer - Mondays, June 21-August 30 - 10 weeks
(No classes July 5)

NOTE: If more than one family member is registering, please list the additional names and class choice(s) on reverse side.

Sanchin-Ryu's Karate for Kids!

For ages 4-14 (kindergarten-8th grade)

Our program combines two crucial courses into one, Sanchin-Ryu Karate & Self-Defense and Project: Secure Child (child safety).

- Students will be trained with proven, age-appropriate techniques that are necessary for kids to protect themselves from attackers.
- This program is set in a fun, yet structured, environment which will give your child a positive outlook on learning a martial art. We focus on healthy attitudes versus perfection!
- Participants will achieve great self confidence and leadership through the physical techniques, mental strategies, drills and exercises they are lead through.
- Instructors hold a ranking of at least 1st Degree Black Belt and maintain a continual (bi-monthly) certification to ensure the highest level of quality for their students.
- An ongoing course, where students have the opportunity to continue their education in the same location with no hidden fees!

Uniforms are available, but not required. Information provided upon registration.

Sanchin-Ryu's Karate for Families!

A Parent AND Child program for all ages!

- Set in a fun, non-competitive and informative atmosphere, this program allows parents to learn alongside their children.
- Physical techniques will be instructed along with drills and exercises, to help you have a positive experience with your self defense education.
- Sanchin-Ryu will teach you how to use your whole body, rather than just certain muscle groups, so size and stature are not an issue!
- Instructors hold a ranking of at least 1st Degree Black Belt and maintain a continual (bi-monthly) certification to ensure the highest level of quality for their students.
- An ongoing course, where students have the opportunity to continue their education in the same location with no hidden fees!

Uniforms are available, but not required. Information provided upon registration.

Sanchin-Ryu's Karate for Adults & Teens!

For ages 14 and older

- Specifically designed to address personal-protection concerns, this program instructs a broad range of strikes, combinations, footwork and defense tactics.
- Receive specialized training on how to deal with, get out of, and counter a multitude of grabs and attack scenarios.
- Practicing many techniques and tactics will equip you with the confidence you need to defend yourself against any type of attacker.
- Learn how to use the whole body for power, making the most of your size and strength (regardless of athletic ability).
- Instructors hold a ranking of at least 1st Degree Black Belt and maintain a continual (bi-monthly) certification to ensure the highest level of quality for their students.
- An ongoing course, where students have the opportunity to continue their education in the same location with no hidden fees!

Uniforms are available, but not required. Information provided upon registration.