

## KEMPO KARATE - Summer 2009

### Lil' Dragons Karate

This is a fun class that teaches safety and life skills as well as martial arts. The focus in this class is to improve safety, balance, self control, and self- confidence.

Activity#	Date	Day	Time	Age	Sessions
4660.201	6/4 - 6/25	TH	4:50pm-5:20pm	5-6yrs	4
4660.202	7/9- 7/30	TH	4:50pm-5:20pm	5-6yrs	4
	8/6 – 8/27	TH	4:50pm-5:20pm	5-6yrs	4
	6/2 – 6/23	T	4:50pm-5:20pm	5-6yrs	4
	7/7 – 7/28	T	4:50pm-5:20pm	5-6yrs	4
	8/4 – 8/25	T	4:50pm-5:20pm	5-6yrs	4

No material fee is required for the first class. However, continuing students who want to earn colored belts and patches are required to purchase uniforms and protective gear which can be purchased from the Instructor. Material Fee: \$99 includes a full uniform with belt, gloves, three patches, and folder.

**Residents: \$54/CRC Member: \$49**

**Non-Resident: \$64/CRC Member \$59**

### Junior Dragons Karate

This is a beginning Kempo Karate class or a Level II Lil' Dragons class which also teaches safety and life skills, as well as martial arts. Focus, respect, discipline, and self-control are taught and encouraged.

Activity#	Date	Day	Time	Age	Sessions
4660.203	6/4-6/25	TH	5:30pm-6:00pm	6-8yrs	4
4660.204	7/9-7/30	TH	5:30pm-6:00pm	6-8yrs	4
	8/6 – 8/27	TH	5:30pm-6:00pm	6-8yrs	4
	6/2 – 6/23	T	5:30pm-6:00pm	6-8yrs	4
	7/7 – 7/28	T	5:30pm-6:00pm	6-8yrs	4
	8/4 – 8/25	T	5:30pm-6:00pm	6-8yrs	4

No material fee is required for the first class. However, continuing students who want to earn colored belts and patches are required to purchase uniforms and protective gear which can be purchased from the Instructor. Material Fee: \$99 includes a full uniform with belt, gloves, three patches, and folder.

**Residents: \$54/CRC Member: \$49**

**Non-Resident: \$64/CRC Member \$59**

### Youth/Adults Kempo Karate

Students will learn self-defense techniques against grabs, punches, and kicks. They will gain confidence, self-control, discipline, focus, respect, and build character. Weapons such as the Bo Staff and Escrima Sticks will also be offered.

Activity#	Date	Day	Time	Age	Sessions
4660.205	6/4 - 6/25	TH	6:10pm-6:55pm	8yrs+	4
4660.206	7/9- 7/30	TH	6:10pm-6:55pm	8yrs+	4
	8/6 – 8/27	TH	6:10pm-6:55pm	8yrs+	4
	6/2 – 6/23	T	6:10pm-6:55pm	8yrs+	4
	7/7 – 7/28	T	6:10pm-6:55pm	8yrs+	4
	8/4 – 8/25	T	6:10pm-6:55pm	8yrs+	4

No material fee is required for the first class. However, continuing students who want to earn colored belts are required to purchase uniform and protective gear

Uniform, belt, and gloves can be purchased from Instructor. Material Fee: \$99

**Resident: \$85/CRC Member\$80**

**Non-Resident: \$95/CRC Member\$90**