

Karate

Come and learn the many facets of Traditional Karate in a welcoming, family atmosphere. Traditional Japanese Karate: one class, countless benefits, emphasis on self discipline, respect and equality regardless of age, gender or athleticism. Classes will teach self defense, karate techniques, sparring, Kata and traditional Karate respect. Classes are ongoing, so students may join at any time.

Parents are welcome to attend adult class or learn alongside children in youth classes. Youth classes are offered from ages 4-6 and 7-14. Adult classes (15 years and older) are geared to all ages and athletic ability. Belt testing and ceremony will be held at the end of the participant's fourth session. Belt testing and uniform fees are extra.

Ages: Adult and Youth, 4 years and older

When: Dec. session: Dec. 1 - 29
Jan. session: Jan. 3 - 31
Feb. session: Feb. 2 - 28

Time: Tuesdays and Thursdays,
5:30-6:30p (Peewee), 6:30-7:30p (Beginners), 7:30-8:30p (Advanced)

Where: Hillcrest Elementary gymnasium

Instructors: Liz & Russ Babcock, both black belts with more than 20 years combined experience

Early Bird Fee: \$45 per session if registered by Nov. 29, Dec. 27, Jan. 31

Fee: \$50 per session



All participants will need to sign up for BPR Connection at www.beltonparks.org to receive karate notifications/communications

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Please fill out and return to the High Blue Wellness Center or mail with payment to: High Blue Wellness Center, 16400 N. Mullen Road, Belton, MO 64012. If paying by check, be sure to include your driver's license # and date of birth.

Participant's Name: _____ Activity: Karate- 354010

Grade: _____ Age: _____ Birthdate: _____ Session: _____

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Email: _____

Parent/Guardian Name(s) (If under age 18): _____

I, the participant/parent of the above listed child, do hereby agree to release all liability and claims against the Belton Parks and Recreation Department and agree to hold harmless any liability against the Belton Parks and Recreation Department, any sponsoring organization, facility, instructor and any other party involved, due to injuries, accidents, negligence, or any other circumstances arising from participation in this program with respect to any time prior, during and after the activities, including participation in all related events. I understand that I/my child may be photographed for publicity purposes.

Participant/Parent's Signature: _____ Date: _____