

KARATE PROGRAM BEDFORD SEIWA KAI

Tues. & Sat. classes held at Douglas Rd Elementary Gym
Thurs. class at Jackman Rd Elementary Lunchroom



Head Instructor: Sensei Mark Cramer 6th Degree Blackbelt
Assistant Instructor: Chris Perry 3rd Degree Blackbelt
Emily Mata 2nd Degree Blackbelt

Promotions by Bedford Seiwa Kai are free of charge, and will be conducted ONLY on Dec. 8! Official Dan Ranking (Black-belt) can be obtained through Seiwa Kai and JKF Goju Kai.

KARATE - PEE WEE (Grades K-2)*

This course is specifically designed for the young Karate students grades K-2. In addition to receiving instruction in the basic techniques of Japanese Goju Ryu Karate-do, our youngest students will receive developmental instruction in body coordination, flexibility, self-discipline, listening skills, and teamwork.

\$70 Saturday 10:00-11:00am September 22 - December 15 Register by Sept. 15

NEW STUDENTS & RETURNING STUDENTS

Students will receive instruction in traditional Japanese Goju Ryu Karate-do. Stretching and strengthening the body (junbiundo), basic techniques (kihon), traditional formal exercises (kata), and sparring strategy (kumite) will be the major focus of this class. All will receive expert age-appropriate instruction, attention and assistance in class.

Level: 3rd, 4th and 5th Grade — Beginner through Black Belt

\$130 Thurs. 6:30-8:00pm & Sat. 11:30am-1:00pm September 20 - December 15 Register by Sept. 13

Level: 6th Grade though Adult — Beginner through Black Belt

\$130 Tues. 6:30-8:00 pm & Sat. 11:30am-1:00pm September 18 - December 15 Register by Sept. 16

ADVANCED GOJU RYU / KOBUDO CLUB

The focus of this class is on the needs of brown belt and black belt students (3rd kyu and above). The kata, kumite, and bunkai which are required at the Dan (black belt) level is emphasized in this class. Students will learn the advanced kata of kobudo (Okinawan weapons), Bo (staff) and Sai (short swords) kata. (Green belts are allowed to take this class with the approval of one of the instructors.)

Level: 3rd, 4th and 5th Grade Register by Sept. 13

Thur. 8:05-9:20pm September 20 - December 13 \$70 Current Student fee / \$80.00 Non Student fee

Level: 6th Grade though Adult — Beginner through Black Belt

Tues. 8:05-9:20pm September 18 - December 11 \$70 Current Student fee / \$80.00 Non Student fee

KARATE REGISTRATION FORM Fall 2018 - Registration Deadline Sept. 13

Student's Name: _____ Phone Number: _____

Parent's Name: _____ Work/Cell Phone: _____

Address: _____ City: _____ Zip: _____

D.O.B. ___/___/___ Age: _____ Current Belt: _____ Fees Paid: _____

Email Address: _____

Please register the above student for the following appropriate level class(es):

_____ Pee Wee _____ Thursdays (3rd , 4th, 5th Grade) _____ Tuesdays (6th - Adult)

_____ Adv. Goju Ryu / Kobudo Club (3rd, 4th, 5th) _____ Adv. Goju Ryu / Kobudo Club (6th - Adult)

Release for Karate Program, Adult Fitness Classes, Youth Programs

All students who wish to participate in a karate, exercise, sport leagues, or recreation class must first complete a Release of Liability waiver. This must be on file with the office before a student can participate. ***Please download the required health and release forms from the Community Education/Adult Education website and bring the completed forms to the first class**.*