

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: Christopher Perry	4th Degree Blackbelt
David Hale	3rd Degree Blackbelt
Emily Mata	2nd Degree Blackbelt
Sydney Pfeiffer	1st Degree Blackbelt

Promotions by Bedford Seiwa Kai are free of charge, and will be conducted ONLY on March 23! Official Dan Ranking (Blackbelt) can be obtained through Seiwa Kai and JKF Goju Kai.

Winter Session: Register by **JANUARY 20**

Spring Session: Register by **APRIL 8**

KARATE - PEE WEE (Grades K-2)

This course is specifically designed for 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 team work.

\$65 Saturday 10:00-11:00am

Winter Session: January 26 - March 30

Spring Session: April 9 - June 8

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

\$120 Thurs. 6:30-8:00pm & Sat. 11:30am-1:00pm

Winter Session: January 24 - March 30

Spring Session: April 11- June 8

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

\$120 Tues. 6:30-8:00 pm & Sat. 11:30am-1:00pm

Winter Session: January 22 - March 30

Spring Session: April 9 - June 8

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). Both Bo (staff) and Sai (short swords) kata are taught in this class. (Green belts are allowed to take this class with the approval of one of the instructors.)

Level: 3rd, 4th and 5th Grade Thur. 8:05-9:20pm

Winter Session: January 24 - March 28

Spring Session: April 11- June 8

Level: 6th Grade though Adult Tues. 8:05-9:20pm

Winter Session: January 22 - March 26

Spring Session: April 11- June 8

Adv. Levels Fee: \$70 Current Student fee / \$80.00 Non Student fee

Tournament

**Great Lakes Seiwa-Kai
Goju Ryu Karate-Do
Friendship
Tournament**

Sunday, March 31

Douglas Rd Gym

Registration at 9am

Competition at 10am

KARATE REGISTRATION FORM Winter 2019 - Registration Deadline Jan. 20, 2019

Student's Name: _____ Phone Number: _____

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

Address: _____ City: _____ Zip: _____

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

Email Address: _____ Best way to reach you ___ Email ___ Text ___ Phone

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**.**