

AGES: 3 - 6

KARATE FOR KIDS

LEARN THE FUNDAMENTALS OF MARTIAL ARTS

With the help of our Muscle Zoo friends, learn & practice karate in this high energy, skill-based class. Hi-yah!



PRACTICE

AGILITY • MEMORY
BALANCE • COORDINATION



PERFORM

KARATE FUNDAMENTALS
PERSEVERANCE • LIFE SKILLS



ACHIEVE

DISCIPLINE • CONFIDENCE
FOCUS • CONTROL

CLASS OVERVIEW



WARM UP



MAT CHAT



SKILL 1



SKILL 2



COOL DOWN

DAY:

MONDAY STARTING 9/16

TIME:

3:00-3:35 PM

LOCATION:

ALL SAINTS

PRICE:

**\$60 MONTHLY
\$30 REG FEE**

SIGN UP TODAY!



**WE TEACH KARATE
AT YOUR CHILD'S
SCHOOL!**