

KARATE PROGRAM BEDFORD SEIWA KAI

Tues. & Sat. classes held at Douglas Rd Elementary Gym

Thurs. class at Jackman Rd Elementary Lunchroom

Your Registration includes a Karate T-shirt



Chief Instructor: Sensei Mark Cramer 6th Degree Black Belt

Assistant Instructor: Chris Perry 3rd Degree Black Belt

Daniel Pakulski 2nd Degree Black Belt

Emily Mata 1st Degree Black Belt

Promotions by Bedford Seiwa Kai are free of charge, and will be conducted **ONLY** on Dec. 12!
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 team work. \$65 Saturday 10:00-11:00am September 26 - December 19

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 September 24 - December 19

Level: 6th Grade though Adult — Beginner through Black Belt \$125

Tues. 6:30-8:00 pm & Sat. 11:30am-1:00pm September 22 - December 19

ADVANCED GOJU RYU / KOBUDO CLUB

The focus of this class is on the needs of brown belt and black belt student (3rd kyu and above). The kata, kumite, and bunkai which are required at the Dan (black belt) level is emphasized in this class. Moreover, in this class the student 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 September 24 - December 17
\$60 Current Student fee / \$70.00 Non Student fee

Level: 6th Grade though Adult Tues. 8:05-9:20pm September 22 - December 15
\$60 Current Student fee / \$70.00 Non Student fee



KARATE REGISTRATION FORM Fall 2015 - Registration Deadline

Student's Name: _____

Phone Number: ____ - ____ - ____

Parent's Name: _____

Work/Cell Phone Number: ____ - ____ - ____

Address: _____ **City:** _____

Zip: _____

D.O.B. __/__/__ **Age:** _____

Current Belt: _____ **Fees Paid:** _____

E-Mail Address: _____

T-Shirt Size: YS YM YL AS AM AL

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

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

For further information call the Adult Education office at 734-850-6050.