

The New Lebanon PTA is proud to sponsor

KEMPO KARATE



After school Program for grades 3-5

This 7 week **NON - CONTACT** program brought to you by the NL PTA will be held in the NL Gym beginning **Oct. 7th**

Program will be on Tuesdays 2:45pm - 4:00pm

Dates for Classes 10/7, 10/14, 10/21, 10/28, 11/4, 11/11, 11/18

Program Description: \$90 for 7 week session

Kempo Karate is an excellent activity to start at an early age, and moreover the martial arts help to develop self-confidence, focus, discipline and respect for others. In a fun and controlled environment students will build motor skills by learning a series of punches, kicks and blocks. Throughout the course important character building lessons are incorporated. Participants will have no physical contact during the session. Students should wear comfortable clothes and sneakers. All students will receive a white Karate belt at start of program. At the conclusion of the program all eligible students will be invited to earn their yellow belt at belt rank testing, hosted at the Kempo Academy of Martial Arts in Greenwich. Instructor: Sensei Jonathan Simon.

Instructor Biography:

Sensei Jonathan Simon is the owner, manager and chief instructor at the Greenwich Kempo Academy of Martial Arts. He is actively studying under the guidance of Master Scott Craigie (Black Belt 7th Degree) and Sensei Douglas DeBarger (Black Belt 4th Degree), and has graduated from the Instructors College for Teaching of the Martial Arts (ICMA). Sensei Simon is a graduate of Tulane University in New Orleans, where he earned both a Bachelor of Arts (2010) and a Master of Arts (2011), both in philosophy. He is currently working towards both a Black Belt in Chinese Kempo and a Black Sash in Tam Tui Wah Lum Kung Fu.

KEMPO KARATE AFTERS

Registration Form

Registration form and check **MUST** be handed in to the

New Lebanon School office no later than Thursday, October 2, 2014.

Classes begin the week of Oct. 6

Child Name: _____ Age: _____

Child Grade: _____ Teacher: _____

Parent Name: _____ Phone: _____

Email: _____ Cell: _____

Emergency Name: _____ Phone: _____

Emergency Email: _____ Emg. Cell _____

Cost: \$90.00 for seven week session.

Make checks payable to: **New Lebanon School PTA**

Dismissal: Please check one: _____ Parent Pick Up _____ Walk (grade 3 & up)

_____ Boys & Girls Club Late Bus _____ BANC _____ YMCA