



## Kaizen Karate @ Navy Elementary School

### KARATE

This Karate program offers safe, structured training that teaches students the proper form, style and technique. Classes are tailored to student's individual needs and help them to grow to their fullest potential. Karate not only focuses on instruction, but also provides valuable lessons related to respect, discipline, motivation, self-control, confidence and continual improvement.

**GRADES:** K – 5<sup>th</sup>

**DAY:** Thursday

**TIMES:** 3:40PM – 4:40PM

**COST:** \$134

**CLASS DATES:**

Jan. 16,23,30

Feb. 6,13,20,27

Sponsored by the Navy Elementary PTO

If you are on free or reduced lunch and would like assistance with your After School Activities registration fees, please contact [NavyCares123@gmail.com](mailto:NavyCares123@gmail.com)



### *Why Karate?*

- *Builds confidence & self-esteem*
- *Develops focus and patience*
- *Promotes doing your personal best at all times*
- *Develops positive attitude and respect*
- *Safer than most other sports*
- *Increases the ability to be calm & centered*

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