

# SK

## SEIDO-KAN

### KARATE SCHOOLS

## Junior Class

5-8 YRS

- TOTAL PHYSICAL FITNESS
- MIND & BODY CO-ORDINATION
- SELF CONFIDENCE
- DISCIPLINE & CONTROL
- BALANCE & FLEXIBILITY
- ETIQUETTE & COURTESY
- ESSENTIALS OF SELF-DEFENSE
- HOW, WHEN & WHY TO USE KARATE



### CLASS TIMES

TUESDAY 5:15-6:15PM

SATURDAY 12:30-1:30PM

**MONTHLY TUITION \$50.44<sup>+HST</sup>**

**ONE TIME REGISTRATION FEE, LIFETIME MEMBERSHIP: \$45.00<sup>+HST</sup>**

**ORIENTATION CLASS: \$20.00<sup>+HST</sup>**

- STRONGLY RECOMMENDED

- MEETS INSTRUCTORS

- WORK 1-ON-1 WITH INSTRUCTORS

- LEARN ABOUT KARATE BEFORE TRAINING

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