

SK SEIDO-KAN KARATE SCHOOLS

Senior Class

9-13 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

THURSDAY 6:30-7:30PM

SATURDAY 1:30-2:30PM

MONTHLY TUITION \$50.44^{+HST}

ONE TIME REGISTRATION FEE, LIFETIME MEMBERSHIP: \$45.00^{+HST}

ORIENTATION CLASS: \$20.00^{+HST}

- STRONGLY RECOMMENDED

- MEETS INSTRUCTORS

- WORK 1-ON-1 WITH INSTRUCTORS

- LEARN ABOUT KARATE BEFORE TRAINING

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