

# 2015-2016 KARATE Ages 3-14

Wednesday afternoons at the Beech St Center

Grandmaster Steve Nugent and his staff of experts will teach the basics and beyond to children as young as 3 and to young teens up to age 14.

Tuition includes a Karate uniform and belt as well as all future belts, stripes and patches earned

Session 1: September 9 to December 16 (no 11/11 or 11/25) Cost: \$308.00

Session 2: January 6 to Mar. 30 (no 2/17) Cost: \$264.00

Session 3: April 8 to July 1 (no 4/20) Cost: 242.00

## LITTLE DRAGONS ages 3 & 4

A fun-filled 30 minute class focusing on listening, balance, gross motor skills, basic stances and FUN!

4:30-5 p.m.

## LITTLE NINJAS ages 5-7

A 45 minute class concentrating on proper form, punches, blocks and kicks. Stretching, concentration, attitude and discipline are always stressed. Stranger awareness, fire safety and nutrition are also taught.

5-5:45 pm

## JUNIORS ages 8-14

A 45 minute class that gets into a deeper understanding of techniques and forms. In addition to Karate, the class stresses the importance of academic achievement and exercise as a way of life

5:45-6:30 pm

Please complete **BOTH SIDES** and return this form to Belmont Recreation Dept. PO Box 56, Belmont MA 02478

**MAKE CHECKS PAYABLE TO STEVE NUGENT'S KARATE INSTITUTE**

Participant Name \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ Primary Phone \_\_\_\_\_

Alternate Phone \_\_\_\_\_

Email Address \_\_\_\_\_



Session(s) Registering For

Sess 1 \_\_\_\_\_ Sess 2 \_\_\_\_\_ Sess 3 \_\_\_\_\_



# *Steve Nugent's Karate*

Last name \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Father's name \_\_\_\_\_ Ph. \_\_\_\_\_

Mother's name \_\_\_\_\_ Ph. \_\_\_\_\_

Child's birth date \_\_\_\_/\_\_\_\_/\_\_\_\_

E Mail \_\_\_\_\_

How did you hear about SNKI? \_\_\_\_\_

Has your child studied martial arts before? \_\_\_\_\_

If so, where? \_\_\_\_\_

Does your child have any physical challenges? \_\_\_\_\_

Is your child taking any prescription meds? \_\_\_\_\_

Does your child have any allergies? \_\_\_\_\_

If yes, what are they? \_\_\_\_\_

What are your child's average school grades? Please circle:

Below average                      Average                      Above average

Describe your child's personality: (circle a number. 0 being the lowest, 10 being the highest)

Attention Span    0 1 2 3 4 5 6 7 8 9 10

Follows Rules     0 1 2 3 4 5 6 7 8 9 10

Relates to peers  0 1 2 3 4 5 6 7 8 9 10

If your child were in Martial Arts training now, what would you like to

see them achieve?     Strength     Confidence     Self Defense

Weight Loss         Attention     Self Control     Focus

Better Grades       Flexibility     Speed             Balance

I recognize and acknowledge that there is a known risk of injury involved in participation of Karate. I agree to assume all risk and agree that Steve Nugent's Karate Institute Inc. will not be held liable for any damages not caused by or resulting from the negligence of the owners, operators, agents, or persons in charge of such establishment, or servants or employees. I also understand that I or my child does not have to participate in any activity or training that I or he/she does not feel is in their best interest.

Signature of Parent \_\_\_\_\_ Date \_\_\_\_\_