



WINTER/SPRING 2021 KARATE

The Karate program is run under the guidance of Sifu Marieta Delacruz. Classes are offered in three levels.
Instructor: Sifu Marieta Delacruz and Jason Joy | **Location:** Centennial Recreation Center, Outside

LIL' DRAGONS KARATE: SAFETY & LIFE SKILLS (AGES 5-6YRS)

This is a fun class that teaches safety, life skills, and martial arts. The focus is to improve safety, coordination, cooperation, respect, balance, self-control, and self-confidence.

Monthly Fee 1 Day/Week (Tuesdays) CRC Member: \$50/Non-member: \$55
 Sibling Discount: \$5 off second & third family members

KEMPO KARATE (45 MINUTES; AGES 7YRS+, SA 5YRS+)

Students will learn self-defense techniques against grabs, punches, and kicks. They will gain confidence, self-control, discipline, strength, focus, respect, and build character. Sparring will be practiced with matches and sparring drills.

Monthly Fee 1 Day/Week (Tuesday or Saturday) CRC Member: \$60/Non-member: \$65
 Sibling Discount: \$5 off second & third family members

KEMPO KARATE (60 MINUTES; AGES 10YRS+)

Students will learn self-defense techniques against grabs, punches, and kicks. They will gain confidence, self-control, discipline, focus, respect, strength, and flexibility, and build character. All students must purchase their own safety gear. Weapons such as the Bo Staff and Escrima Sticks will also be offered.

Monthly Fee 1 Day per Week (Tuesday or Saturday) CRC Member: \$75/Non-member: \$75
 Sibling Discount: \$5 off second & third family members

Material Fee for Classes: Depending on the program, an additional \$86-\$105 fee is charged by the instructor for uniform, gloves, patch, and written material. This fee and equipment is not required for the first class but will be needed for belt advancement.

Class	Day	Jan 1/5-1/30	Feb 2/2-2/27	Mar 3/2-3/27
Lil' Dragons Age 5-6 yrs				
4:20pm-4:50pm	T	WSU001	WSU006	WSU011
Kempo Karate Age 7+, SA: 5+				
5pm-5:45pm	T	WSU002	WSU007	WSU012
1:45pm-2:30pm	SA	WSU003	WSU008	WSU013
Kempo Karate Juniors, All Levels				
5:55pm-6:55pm	T	WSU004	WSU009	WSU014
2:45pm-3:45pm	SA	WSU005	WSU010	WSU015
Class	Day	Apr 3/30-4/27*	May 5/1-5/29*	
Lil' Dragons Age 5-6 yrs				
4:20pm-4:50pm	T	WSU016	WSU021	
Kempo Karate Age 7+, SA: 5+				
5pm-5:45pm	T	WSU017	WSU022	
1:45pm-2:30pm	SA	WSU018	WSU023	
Kempo Karate Juniors, All Levels				
5:55pm-6:55pm	T	WSU019	WSU024	
2:45pm-3:45pm	SA	WSU020	WSU025	

*No class 4/6 and 5/22

Register online at www.mhreconline.com!

