



***EVERYTHING YOU NEED TO
KNOW ABOUT . . .
Kempo Karate***

DESCRIPTION: A martial arts discipline that teaches self-control and confidence.

INSTRUCTOR: Black Belt instructor, Sensei Doug Wilson

REGISTRATION: During the first week of each month before 1st Saturday's class

DAY/TIME: **Ongoing Saturday Program**
Youth ages 6-11 meet from 2-3:30 p.m.
Adult ages 12+ meet from 3:45-5:15 p.m.

LOCATION: Studio located through the double doors in the southwest corner of the gym.

FEES: Member: \$18.00 Individual, \$10.00 for second, \$5.00 for each additional family member

Non-member: \$24.00 Individual, \$16.00 for second, \$5.00 each additional family member

PAYMENT OPTIONS:

Option 1: You may pay via electronic funds transfer on the designated day of your choice for the monthly program simply by completing a form and providing a void check, deposit slip or copy of your credit card. This option ensures you or your child easy access to the program with no need to reregister every month.

Option 2: If you choose to pay by cash, check or credit card in person, here is what you need to know: You must register and pay on or before the first day of class every month. If we do not have a payment for the participant after the first day of class for the new month, he/she will not be allowed to participate until the fee has been paid.

Notice: We do not prorate months for missed classes.

CHECK-IN PROCEDURE: Please check in at the front desk before heading back to the studio. Parents are required to walk participants all the way into the studio and pick them up in the studio after class.

More information continued on back.

FIRST DAY OF CLASS: Please wear loose, comfortable clothing. Karate is performed barefoot. We do not allow any gum, candy or jewelry in class. Observing the first day of class is highly recommended.

N.K.K.F.: Participants may, if they choose, become members of the N.K.K.F. (National Karate & Kobudo Federation) which will entitle them to compete in tournaments. There is a small annual fee associated with membership. Please see Sensei Wilson if you are interested.

UNIFORMS: If you find that you enjoy class and plan to continue, you will be expected to purchase a Karate gi, at approximately \$30. Uniforms are purchased directly through Sensei Wilson.

BELTS: As you progress in your program you have the opportunity to test to earn belts. There is a small fee for each belt earned which includes the cost of the belt, the test and certificate indicating your new rank.

CLASS RULES: Like all YMCA programs, in Karate we model the four core values of caring, honesty, respect and responsibility. Sensei Wilson will go over rules with you in class. If Sensei Wilson feels a participant is unsafe or using his/her ability to harm or disrespect others, we reserve the right to expel the participant from the program.

