



JAPANESE TERMS INTRODUCED AND OFTEN USED IN THE CLASS

- | | | | |
|--------|---------|--------|-------------|
| Rej | - Bow | Yoi | - Get Ready |
| Hajime | - Start | Geri | - Kick |
| Yamei | - Stop | Sensei | - Teacher |
|
 | | | |
| Ichi | - One | Roku | - Six |
| Ni | - Two | Chi | - Seven |
| San | - Three | Hachi | - Eight |
| Shi | - Four | Ku | - Nine |
| Go | - Five | Ju | - Ten |

In January an open class at your school will be arranged and all interested children are welcome to watch or participate. No Charge. No registration fees at all

If they are interested in joining, please list your child's name on the sign up list and fill out the attached indemnity form please. Further enquiries please direct to Sensei Birgit.

Parents are welcome to watch and classes (except the first two weeks of the term as the class requires some time to settle down). Viewing days will be arranged during the year for those that work.



Sensei Birgit Jabour

Cell: 082 555 2555
birgit@snaphook.co.za

KARATE FEES

3 TERM FEES 4 TERM FEES

Payments made to:
B. Jabour
ABSA Fourways Branch Code:632005
Account713272043
Ref: CHILD NAME & SCHOOL (NB)
Proof of payment: birgit@snaphook.co.za
Cell: 082 555 2555

KARATE 4 KIDZ



MEMBERSHIP & INDEMNITY

I/We, Mr/Mrs/Ms _____ hereby

Apply for membership for _____ to "KARATE 4 KIDS" with effect from _____ and hereby indemnify the club; instructors and the school against any liability whatsoever in respect of any injury which may be sustained by the child above; directly and indirectly whilst participating in karate during training.

Furthermore, Please initial (P/I)

I/We; Mr/Mrs/Ms undertake to pay the fees on or before the 7th day of each term (P/I) _____

I accept liability of ongoing karate fees unless I give written notice to the instructor . (P/I) _____

Please note classes falling on a public holiday are forfeited.

Account Options



Per term 3 term

If you would like your account emailed to: _____



CONTACT NAME AND NUMBERS:

FATHER NAME: _____

CELL: _____

EMAIL: _____

MOTHER NAME: _____

CELL: _____

EMAIL: _____

KARATE-KA / STUDENT

NAME: _____

DATE OF BIRTH: _____ AGE: _____

SCHOOL: _____

CLASS: _____

ANY MEDICAL INFORMATION WE NEED TO KNOW ABOUT: _____



T-SHIRT ORDER (optional):

R

Ages 3-4

Ages 5-6

Ages 6-7

Ages 8+

SIGNATURE: _____ Date: _____

PLEASE COMPLETE THE ABOVE FORM; TEAR OFF AND RETURN TO THE INSTRUCTOR/ OFFICE/ TEACHER. PLEASE KEEP AND USE RIGHT HAND SECTION AS REFERENCE FOR YOUR CHILD FOR JAPANESE KARATE TERMS WE USE DURING THE YEAR AS WELL AS CONTACT DETAILS SHOULD YOU HAVE ANY QUERIES WHAT SO EVER

THANK YOU.

KARATE 4 KIDZ



DEAR PARENTS,

Karate 4 Kids has specialized in teaching karate at pre-primary / primary school level since 1985. A warm, fun atmosphere is created in each class to introduce the basic karate terminology and skills to the young karate child.

While emphasizing discipline, co ordination, confidence and control, the need for enjoyment is not overlooked and many fun games are incorporated to introduce and teach karate skills and principles.



STUDENTS ARE TAUGHT:

- Basic warm up exercises
- Different types of punching
- Blocks
- Kicking
- Stances
- Stepping forward combination
- Listening / co-ordination skills



GAMES INCLUDE:

- Knee boxing / Tap out
- Sumo Wrestling
- Statuses / Snatch the peg
- Back Wrestling
- Gladiators



Weekly half hour classes will be run according to the school term. Classes take place on the school premises. Boys and girls from the age of 3 years up are encouraged to join.

Students are encouraged to train in a t-shirt. Karate 4Kids t-shirts are available for sale.

Students are graded annually in accordance with the Sandton Shukokai Karate Club syllabus affiliated to Kimura Shukokai International.