

The self-image, self-confidence, self-discipline, and self-control your child develops today will determine the level of happiness he or she will have as an adult.



Authentic Japanese Karate can aid your child in developing these qualities and more.

Dear Parents,

I know your child has lots of choices for after school programs. But wouldn't it be great if they could learn a set of skills that will help them throughout their entire life and STILL have fun doing it? That is what my karate program is all about.

Here are 5 reasons why karate is so important to your child's development:

1) The power to say NO

Karate training gives your child the strength not only to say "NO" to negative, potentially harmful peer pressure but to also back up their words with deeds.

2) Bullies

The school systems have instigated "no bully" policies but that does not teach children how to defend against a bully. My karate program teaches not only how to walk away but how to have the strength and courage to do so as well.

3) Leadership Training

Our young students become the leaders of their peer groups, not compliant followers, fearfully seeking acceptance. Today's world requires such strength from children.

4) Improved Grades

Karate students are often among the top level of academic achievers. One reason is our Academic Achievement Program. Students can vastly improve their grades using the self control and focus I teach.

5) Life Lessons

Each week I discuss a lesson that is vital to developing a strong character - honesty, integrity, work ethic, etc. They are presented in ways children can relate to and understand.

"Kurt and I wanted to thank you for everything you've done for the kids over the years. We believe the skills they have learned through your teachings are invaluable and gifts they can take with them throughout their lives. Thank you for being such a great teacher of teachers."

Pam Mercer, Parent, Behavior Intervention Specialist, Forest Lake Schools

I like karate so much it is my favorite activity. It controls my behavior by teaching me how to control myself. Abby Millerbernd, age 10

I've learned to control my thinking and to keep all the outward distractions from consuming my thoughts. Staying focused allows me to be more in control and more secure. I have learned many new skills that I will keep with me throughout my life.

Abriel Anderson, Cambridge

Sign Up Today - Space Is Limited!

I will offer karate again for the third year at LILA. Classes will be offered on Tuesdays and Wednesdays after school. While any child may register for karate, enrollment preference will go to students who took karate in the last session.

Please see the second page of this flyer for details on class days & times, tuition, and class application.

Chuck Phillips, Chief Instructor



Kyoshin Ryu Karate Academy

More than just Punching and Kicking, We Help You Grow

651-982-9395

Forest Lake & North Branch

www.kkakarate.com/LILA



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LILA Karate Class Permission and Information Form 18 Week Program January 12 & 13 through May 18 & 19

Student Name _____ Sex _____ Age _____ Birth date _____

Address _____ City _____ Zip _____

Telephone (____) _____ Height _____ Weight _____ Previous Training _____

Mother's Name _____ Work # (____) _____ Father's Name _____ Work # (____) _____

Email ID: (Please print clearly) _____

Class Preference:

Tuesday 2:15 - 3:00 **Wednesday 2:15 - 3:00**

Students must have a gi (uniform). They can use an existing gi or purchase one through us for \$35.00.

Gi Size Chart: : Ht. 3' 6" - 3' 10" **Size 000** 3' 10" - 4' 2" **Size 00** 4' 2" - 4' 6" **Size 0**
4' 6" - 4' 10" **Size 1** 4' 10" - 5' 2" **Size 2** 5' 2" - 5' 5" **Size 3**

Sparing Gear is required and will be sized the first week of class. Gear includes: Helmet, hand and foot pads, mouth guard, groin cup for boys, and a mesh carrying bag.

Tuition: \$335.00 for the second session - 18 weeks, January 12 & 13 to May 18 & 19

Tuition may be paid in full or 5 monthly payments of \$74.00 (Must call to arrange monthly program.)

Gi (uniform): \$35.00

Sparring Gear: \$135/boys \$125/girls (one-time fee for gear)

If paying by check make it payable to KKA. To pay by Credit Card or to make special monthly tuition arrangements you must call the karate school.

Student, and/or his/her parents, acknowledges the existence of the potential for personal injury in participating in a course of instruction in an activity such as Karate, and that he/she is assuming this risk without liability to Kyoshin Ryu Karate Academy, its instructors or LILA, by executing this agreement and participating in said course of instruction. Student, or parents, further shall hold harmless and indemnify school and instructor from all claims of any kind in nature that may have resulted from participation in any and all courses.

(Parent or Guardian)

(Date)

Return Permission Form to Kyoshin Ryu Karate Academy at the address below with payment attached. If you have any questions call the karate teacher, Chuck Phillips.

280 SW 12th St, Forest Lake, MN 55025 (651) 982-9395

www.kkakarate.com/LILA