



KAIZEN KARATE

@ Murch ES

KARATE

(Instruction provided by Kaizen Karate)

This popular class is a disciplined introduction to the sport by Kaizen Karate. Your child will learn the beautiful art of karate while gaining safety and defensive skills in a respectful environment. The class will also emphasize the basic karate principles of focus, patience, and self-discipline. Returning students will continue to work toward new belts while first time students will be able to start the belt program.

Grades:	K – 5th
Cost:	\$184.00
Day:	Thursday
Start Date:	February 6th
End Date:	April 3rd
Time:	3:30pm – 4:30pm
Location:	TBD

CLASS DATES:

Feb 6,13,20,27

March 6,20,27

April 3

No Class: March 13

Number of Classes: Eight (8)

REGISTRATION

To register for classes, go to

www.KaizenFitnessUSA.com

1. Click the red **"REGISTER NOW"** on the home page. This brings you to our Registration Page.
2. **FOLLOW THESE EASY STEPS TO REGISTER:**

Step 1: Select the **"Add to Cart"** button to enroll

Step 2: **"Check Out of Shopping Cart"**

Step 3: Select **"Create New Account"** when prompted. *(If you do not already have an account)*

Once your account has been created, follow the registration flow to select a pay plan; Add Members (your student); sign waivers, confirm your "order"; and pay & finish.



Scan to Register

Phone: 301-938-2711

coach.v@kaizenkarateusa.com www.KaizenFitnessUSA.com



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