



# KAIZEN KARATE

**@ Wyngate 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:	<b>K-5<sup>th</sup></b>
Cost:	<b>\$196.00</b>
Day:	<b>Monday</b>
Start Date:	<b>January 5<sup>th</sup></b>
End Date:	<b>March 16<sup>th</sup></b>
Time:	<b>4:00pm – 5:00 pm</b>
Location:	<b>Classroom 04</b>

### CLASS DATES:

Jan 5,12

Feb 2,9,23

March 2,9,16

**No Class:** Jan 19,26, Feb 16

**Number of Classes:** Eight (8)

These materials are neither sponsored nor endorsed by the Board of Education of Montgomery County, the Superintendent, or this school.



Scan to Register

## REGISTRATION

To register for classes, go to  
**[www.KaizenFitnessUSA.com](http://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.



Phone: 301-938-2711

[coach.v@kaizenkarateusa.com](mailto:coach.v@kaizenkarateusa.com) [www.KaizenFitnessUSA.com](http://www.KaizenFitnessUSA.com)



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