

# INTRO TO KARATE

## 2019-20 EXTRACURRICULAR INFO SHEET



THE GIFTED CHOICE™

**TITLE:** MBD Martial Arts Academy - Intro to Karate

**ELIGIBILITY:** JK - 4th grade

**DESCRIPTION:** In this 6-week introduction to karate, students will learn to respect others, which in turn leads to self respect, while building confidence & self esteem. Martial Arts classes can help to improve focus & concentration. Mastering basic karate skills & self defense techniques will increase the student's motivation to continually challenge themselves. Martial Arts classes also improve cardiovascular health, build endurance, improve strength, coordination & flexibility. Visit [www.mbdmartialarts.com](http://www.mbdmartialarts.com) for more details.

**CONTACT:** Michelle DeLaRosa (*Founder, MBD Martial Arts Academy*) - [mbdmartialarts@comcast.net](mailto:mbdmartialarts@comcast.net)

### MEETING DETAILS:

#### JK-1st grade

- Day - Tuesday
- Time - 3:30 - 4:30pm
- Frequency - Winter Session (6 classes) starts January 14th
- See school calendar for meeting dates - [www.scienceandartsacademy.org/calendar](http://www.scienceandartsacademy.org/calendar)

#### 2nd-4th grade

- Day - Thursdays
- Time - 3:30 - 4:30pm
- Frequency - Winter Session (6 classes) starts January 16th
- See school calendar for meeting dates - [www.scienceandartsacademy.org/calendar](http://www.scienceandartsacademy.org/calendar)

### REGISTRATION:

- Online registration required - <https://scienceandartsacademy.campbrainregistration.com/>
- Fee for Winter Session - \$109 (includes t-shirt and karate belt) / \$93 (returning participants)
- Registration open until all spots are filled
- MBD Martial Arts Academy must reach minimum of 6 students per group to run the session