



THE MEADOWBROOK SCHOOL

KARATE CLUB

Ages: Pre-K through 6th Grade

Date/Time: Mondays, 3:15 to 4:15, from Nov. 5th to Dec. 17th

Location: Meadowbrook Gym

Cost: \$70 (\$10 per class)

Please make check payable to the Meadowbrook School



Last school year was an exciting one for Meadowbrook martial arts. First, Sensei Don Clark of Action Karate visited PE class in November (a highlight video can be viewed on the [Meadowbrook YouTube page](#)). Then, Mr. Clark returned to host an afterschool Karate Club program from February through April. Karate Club participants learned basic skills like stances, blocks and kicks, as well as focused on the importance of developing self-control/mindfulness. After the initial six weeks, students received their white belts, and some students went on to earn their yellow belts. Karate Club is open to all interested students (regardless of past experience) who would like to come try out karate in a safe, familiar and convenient environment.

Please register with Mr. Oser (koser@themeadowbrookscool.org) using the registration form on the reverse of this sheet. Black karate "gi" uniforms (pictured above left) can be purchased through Karate Club for an additional \$15. Thanks!



THE MEADOWBROOK SCHOOL

NEW STUDENT APPLICATION

Please Print Clearly

STUDENT NAME _____

E – MAIL ADDRESS _____

PHONE # _____ AGE _____ BIRTHDATE _____

ADDRESS _____ APT # _____

CITY _____ STATE _____ ZIP _____

MOM'S NAME _____ DAD'S NAME _____

Please list all names and relationship of anyone living in household:

NAME OF SCHOOL (elementary, middle, high) _____

At Action Karate, our unique Character enrichment program™ is designed to work with the parents and school to help develop the following qualities of success in our students. Please rank the top three in order which are the most appealing to your situation.

- | | | |
|----------------|------------------------------|----------------------|
| ___ ENTHUSIASM | ___ POSITIVE MENTAL ATTITUDE | ___ COURAGE |
| ___ DESIRE | ___ SELF DISCIPLINE | ___ PHYSICAL FITNESS |
| ___ INTEGRITY | ___ SELF CONFIDENCE | ___ TEMPER CONTROL |
| ___ HONESTY | ___ GOOD COMMUNICATION | |
| ___ LISTENING | ___ AMBITION | |

Referrals are our biggest source of new students. Who referred you to Action Karate?

If you were not referred by a current student, how did you hear about Action Karate?

Member represents being physically fit to take the prescribed program. All use of the facilities shall be under taken at the sole risk of the member. The school shall not be liable to the member for claims, demands, injuries, loss of property or acts of negligence.

DATE _____

PARENT OR GUARDIAN SIGNATURE _____