

LESSON PLAN

The daily routine will vary each week, but will always include a number of the following skills.

- Karate Stances
- Karate Blocks
- Karate Strikes
- Karate Kicks



The classes are designed so that during the learning of these basic skills your child will develop skills in:

- Listening
- Eye Contact
- Hand Shaking and Greeting
- Balance
- Coordination
- Self Control
- Self Esteem
- Following Directions

Classes will additionally include some basic tumbling skills.

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HICKEY KARATE CENTER



Join anytime for 4 Months

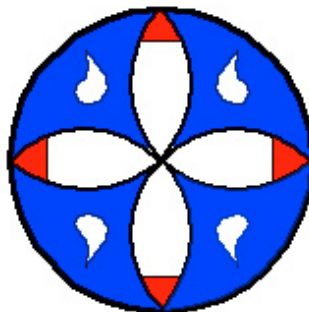
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*Includes a Karate-gi (uniform)
Belt Striping (Ranking)
Merit Badge Program
Karate Book
Red Star Program for good grades*

Mondays and Thursdays
6:00 pm to 6:30 pm

Ages 5 to 6/7

ENROLL NOW! New students can start anytime and are worked into the class. We do limit our class sizes.



REGISTRATION

NAME: _____

Address: _____

City: _____

State: _____

Zip: _____

Phone: _____

Date of Birth: _____

Email: _____

Send registration & check payable to:

**Hickey Karate Center
4540 Stow Road
Stow, Ohio 44224**

Or Phone 330-686-4540

Email Shihan@hickeykaratecenter.com

Web Site: www.hickeykaratecenter.com

Karate Creeds at Hickey Karate Center

- I will only use karate to protect those in need.
- I will always keep my word and tell the truth.
- I will do my best to finish what I start.
- I will avoid things that hurt my mind or body.

MEDICAL INFORMATION

NAME: _____

Doctors Name: _____

Medical Conditions: _____

Emergency Contact: _____

Phone _____

Email _____

Parent's Names: _____

Day Phone: _____

Evening Phone: _____

I, the parent and/or guardian of the registrant, recognize the possibility of injury associated with karate. I hereby release, discharge and/or otherwise indemnify Hickey Karate Center, Inc., its affiliated organizations, sponsors, and personnel from any and/or all liability.

Parent/Guardian Signature: _____

Date: _____

I authorize any medical procedures if I cannot be reached in case of an emergency. Hickey Karate Center does not assume responsibility for any accidents or expenses incurred as a result of attendance in class. The child is physically fit to participate in karate activities and is covered by health or accident insurance.

Parent/Guardian Signature: _____

Date: _____

Makeup classes are not available. Pricing allows for vacations, other activities and so forth. There will be a \$15 service charge for all lesson cancellations prior to the start of the first class. Refunds after the first class will not be available.

OTHER PROGRAMS

In addition to the Dragon Club Program, Hickey Karate Center has programs for:

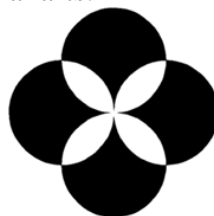
- Pre-School Ages 3 and 5
- Teens
- Adults
- Seniors
- Men
- Women
- Demonstration Team

Our Demo Team includes gymnastics training for the youth members.

Martial Arts taught at Hickey Karate Center include.

- Karate
- Judo
- JuJitsu
- Kobudo
- Iaido
- Jodo
- Tai Chi
- Chanbara

Separate ranking is available in all the above martial arts.



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