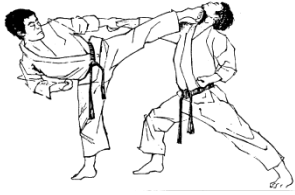


# INTRODUCTION TO KARATE



2nd - 8th  
Graders



**Coordinator: Jose Bustamonte**

**Class Description:** This will be open to 2<sup>nd</sup> – 8<sup>th</sup> graders. This is an introduction class where they will learn the proper way to stand, punch, kick, block and a basic kata (*forms*). Students will not be required to wear uniforms. Just loose fitting and comfortable clothing.

**Enrollment:** These classes are dependent upon interest, and there is a minimum number of 4 and a maximum number of 12 students per class.

**Instructor:** *Jose Bustamante is ranked in Kyokushin Karate.*

**Any questions or concerns contact:**

*Jose Bustamante: bustamante\_jose@hotmail.com*

Place: D-2

Day: Tues.

Dates: Jan. 10,17,24,31  
Feb. 7

Time: 3:15p – 4:10p

Place: D2

**Please do not reply by email. Return this flyer to the office**

Student Name:

Classroom:

Grade:

Parent Name:

Phone#:

Parent email address:

**Intro Karate**

This space for Activities Committee