

# INTRODUCTION TO KARATE



2nd - 8<sup>th</sup>  
Graders



**Coordinator: Jose Bustamonte**

**Class Description:** This will be open to 2nd– 8th graders. This is an introductory 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.

**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 Bustamonte is ranked in Kyokushin Karate.*

**Any questions or concerns contact:**

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

Day: Fridays

Dates: Sept. 15, 22, 29

Oct. 13, 20, 27

Time: 3:15 – 4:00p

Place: MPR

**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