



# Eastside Family Karate

## Summer Training

### 2011

4076 148th Avenue N.E. Redmond Wa 98052 **425-765-8617**

We are excited to offer Camps for this Summer.  
All camp prices will include equipment for that week.  
Sparring equipment will include helmet, gloves & mouth guard  
**Prerequisite for Bo or Tonfa camps** are a white belt with black stripe  
**OR** permission from Sensei. Please ask if you have any questions.

Program offers:

- Safe and Caring Instruction
- Individualized Attention
- Physical Fitness
- Self-Defense Training
- Traditional Karate

<b>Beginner/Intermediate Karate - \$85.00</b>	<b>Tonfa - \$105.00</b>
June 20 - 24, 10:00 – 12:00	June 20 – 24, 1:00 – 3:00
June 27 - July 1, 10:00 – 12:00	
July 11 - 15, 1:00 – 3:00	<b>Bo - \$105.00</b>
August 1 - 5, 1:00 – 3:00	June 27 – July 1, 1:00 – 3:00
August 22 - 26, 1:00 – 3:00	July 25 – 29, 1:00- 3:00
<b>Sparring - \$120.00</b>	<b>Jumping – \$85.00</b>
July 11- 15, 10:00 – 12:00	July 18 – 22, 1:00 -3:00
	August 15 – 19, 1:00 – 3:00

**We also have training Tuesday -Thursday 4:15—5:15 for Beginner - Intermediates. Limited space available. (Please call to register).**

### REGISTRATION FORM

Please make checks payable to: Eastside Family Karate

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Karate Experience: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Email: \_\_\_\_\_

Home/Cell Phone: \_\_\_\_\_ Emergency Contact: \_\_\_\_\_

I would like to register for week(s) Camp# \$ # \$ # \$ # \$ # \$ Total\$ \_\_\_\_\_

\*Height \_\_\_\_\_ for Bo size \*Length top of palm to elbo \_\_\_\_\_” for Tonfa \*Head size for sparring \_\_\_\_\_”

OFFICE USE: Paid \$ \_\_\_\_\_ Check #: \_\_\_\_\_ Date: \_\_\_\_\_