



**"Find your inner Black Belt"  
Spring Session 2019**

**Nothing fosters as much self-confidence as participation in the Programme Karate Sportif.** In fact, this is what parents of our students say they appreciate the most. After all, who wouldn't like to know that their child could cope with almost any situation? This is not all. Our students and their parents also tell us that self-confidence makes a huge difference in their relationships with others as well as at school and at home. In addition, they feel in great shape.

**Curriculum**

Bow / Arrow (precision)	Breaking boards (courage)	Foam Swords (control)
Ninja stars (shuriken) (perseverance)	Musical Kata (concentration)	Maze Kicks (cooperation)
Kickboxing Drills (opposition)	Nunchaku (manipulation)	Anger management skills (emotion)

**Martial arts are well suited to develop the character of your children, motivating them to excel and to make an effort.** In addition, the courses allow children to develop the leadership skills that they need to deal with negative peer pressure and to succeed in today's world. So, if your child doesn't finish what he starts, can't concentrate for any length of time, angers quickly, lacks confidence, needs role models, trust us. Our instructors are experts when it comes to helping children realize their full potential.

**WITH KARATE SPORTIF: "I WILL SUCCEED"  
"Together, we are building the next generation"**

**Improved self-confidence and fitness ...** that's a perfect combination! With Programme Karate Sportif you have the better of two worlds. Thanks to our courses, your children will feel more secure, but our goal is much more than self-defense. We teach anger control and peaceful conflict resolution. We develop vital concentration techniques and we instill confidence and self-esteem through our comprehensive individual self-development program.

[info@karatesportif.com](mailto:info@karatesportif.com) **Information: 450.689.7011** (Please do not contact the school)

**Groupe Karate Sportif has offered an extracurricular program since 1992 in more than 90 schools,** colleges and day cares. The team of instructors provides first class education with pedagogy adapted for children. They teach more than martial arts. They reinforce, in parallel, the values taught at karate, at school, and at home.

Schedule: Kindergarten to Grade 6: Monday from 14h45 to 15h45

**The session begins Monday, April 15<sup>th</sup>, and ends Monday June 10<sup>th</sup>.**

**Cost for the session: \$180 (cheque payable to Karaté Sportif).**

You can pay in two installments: 1st installment: \$ 100 for April 12<sup>th</sup>  
2nd installment: \$ 80 for May 3<sup>rd</sup>

\$20 discount on any additional family members (\$160)

**Uniform only 50\$ for the new member (value of \$65) - pants, sweater, white belt and a backpack.**

Would you please remit both cheques (full payment) and enter the name of your child on the cheque(s). Thank you.

Please return the reply slip to the secretary in an envelope addressed to the attention of Karaté Sportif before **Friday April 12<sup>th</sup>.**

**SOUVENIR ELEMENTARY SCHOOL**

**Start: Monday, Monday, April 15<sup>th</sup> / Finish: Monday, June 10<sup>th</sup>**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Age: \_\_\_\_\_ Email: \_\_\_\_\_@\_\_\_\_\_ Current Belt: \_\_\_\_\_

Phone 1: \_\_\_\_\_ Phone 2: \_\_\_\_\_ Group/Level : \_\_\_\_\_

Kindergarten/  1<sup>st</sup> grade /  2<sup>nd</sup> grade  3<sup>rd</sup> grade /  4<sup>th</sup> grade /  5<sup>th</sup> grade /  6<sup>th</sup> grade

-My child is already enrolled at Centre Karaté Sportif:  YES  NO

**As a active member at Karaté Sportif, the extracurricular program is offered to you without additional charge. If YES, please indicate which location:** \_\_\_\_\_

-My child goes back to daycare after karate:  YES  NO

-My children need a uniform (special cost of 50\$ (Value: 65\$)):  YES  NO

N.B. for students who qualify at the end of the session, there will be an optional assessment cost of \$50 to change the belt.

Visa/Mastercard: Card no.: \_\_\_\_\_ Exp. \_\_\_\_\_ / \_\_\_\_\_

\_\_\_\_\_  
Signature of Legal Guardian