

KARATE REMUERA.com

Kids School Holiday Programme

When

Two programmes to choice from:

- Monday 18 April to Wednesday 20 April
- Tuesday 26 April to Friday 29 April

Where

Karate Remuera Club, 6 Papahia Street, Parnell



Times

Morning: 9.00 am to 12.00 pm

Afternoon 12.30 pm to 3.30 pm

There will be regular breaks throughout the morning and afternoon as well as low intensity activities to ensure no one gets too tired.

Activities

- Work on basic punches, blocks, kicks, throws, basic self defence techniques,
- Agility, speed and power training exercises,
- Games and fun activities,
- Activities designed for everyone including those who have just started karate,
- For experienced members some advanced kumite (sparring) drills and work on kata with focus on sport karate and doing well at NZ Open and National Champs tournaments,
- Videos—movie or review top competitors

Bring

- Enough snacks and plenty to drink there will be morning and afternoon breaks.
- Lunch if doing full day
- Wear loose fitting clothes (track pants/shorts and t-shirt)— karate uniform not necessary. Can wear karate pants with t-shirt.
- Kumite gloves and shin guards. Club has some spares but not many.

Great For

Confidence, Co-ordination, Self control, Discipline, Fitness, Agility, Self defence



Who

The sessions would suit any child aged 7 years to 15 years Sessions are great for those **STARTING** as well as **EXPERIENCED** at karate.

Sessions will be tailored for the level of those attending. .

Preference will be given to Club members and those competing in or intending to compete in karate tournaments

LIMITED PLACES AVAILABLE

Instructor

Murray Simpson 5th Dan Black Belt

Will be leading all sessions. He has over 30 years experience teaching karate to all levels of students from the beginner to the expert.

He will be assist by teenage black and brown belts to help those new to karate.

Existing Club Members

Get a discount—only pay the Extra Child rate regardless of number of kids enrolling.

If you have shown good progress you may be eligible for grading to the next kyu grade belt.

For those looking to grade to black belt this will greatly improve your chances of grading sooner rather than later.

APPLICATION FORM

KarateRemuera.com — Holiday Programme



Family Name _____

Childs First Name _____ Gender _____ Age _____

Childs First Name _____ Gender _____ Age _____

Childs First Name _____ Gender _____ Age _____

Parents Name _____ Mobile _____

Email _____ Work Ph _____

Any medical problems we should know about, e.g. asthma, allergies, etc.

Parents Signature _____ Date _____

Enrolment Process

1. Send in your completed application
2. We confirm your application has been accepted and the amount payable
3. You then pay fee to confirm your place

Programme Bookings

Mark "X" which time you would like to enrol in. Mark both AM and PM boxes with "X" for Full Day

	Mon	Tue	Wed	Thu	Fri
	18/04	19/04	20/04		
APRIL 1	AM	AM	AM		
	PM	PM	PM		
		26/04	27/04	28/04	29/04
APRIL 2		AM	AM	AM	AM
		PM	PM	PM	PM

All Programmes are subject to sufficient numbers enrolling. Numbers are limited per session as all kids must be properly supervised at all times.

Preference will be given to those who book a full 3 or 4 Day Programme and/or current members of Karate Remuera

CONTACT SENSEI MURRAY SIMPSON

Mob 021 680 107

Email sensei@gojuryukaratenz.com

Cost

	One Child	Extra Child
Per Half Day	\$30.00	\$25.00
3 Half Day Programmes	\$80.00	\$60.00
4 Half Day Programme	\$100.00	\$80.00
Both Half Day Programme	\$160.00	\$120.00
Per Full Day	\$50.00	\$40.00
3 Full Day Programme	\$120.00	\$100.00
4 Full Day Programme	\$160.00	\$120.00
Both Full Day Programme	\$240.00	\$200.00

If you enrol 2 or more children from the same family the fee for full day 3 day programme is \$120.00 for first child and then \$100.00 for each child thereafter. If you enrol in the first Programme now you can still get the discount when enrolling in the 4 day programme provided this is done before that programme starts and subject to a place being available.

PAY only after we have confirmed you completed application form has been accepted.

Make cheques payable to:

Okinawa Goju Ryu Karate Remuera

Pay by internet banking to: **03-0259-0309226-00**

Reference is your child's name.

Privacy Act. By completing this application you are consenting to personal details being retained by Karate Remuera. This information may be used to mail additional information about the clubs activities and events.