

# KIDS KARATE PROGRAM



**DATES/FEE:** Jan 2 – Mar 20 - \$108.00

**DAY/TIME:**

Mondays 6:00 PM to 7:00 PM

**AGES:** 5 - 11 yrs

This martial arts program will feature a traditional Martial Arts curriculum that has been established for over 45 years. With an emphasis on childhood development and goal setting, this program promotes “Discipline of Mind and Body” and the development of a positive winning attitude!

The program is directed by the founder of the Kokoro Kai Association, Mr. Jonathan Exaros, whose Headquarters Academy is based out of Horsham, PA. Jonathan has been studying the martial arts since the early 1970's and has been operating the Academy for the past 25 years. An overwhelming majority of the staff members have grown up in the program and are now highly successful adults who are using their martial arts training to reach their own personal goals and development. The Academy is very pleased to be partnering with Lansdale Parks and Recreation, and is enthusiastic about bringing their unique and proven methods of teaching children to the Lansdale community.

Focus of the course will be Self-Discipline / Focus / Anti-Bullying Tactics / Goal-Setting / Realistic Self-Defense / Anti-Abduction Tactics.

- Parents are encouraged to watch the first class so you are aware of the course structure and can get to know the instructor. After that, we ask parents to drop off their children for the hour.

**Lansdale Parks & Recreation**

[www.lansdale.org](http://www.lansdale.org)

**215-361-8352**

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PARTICIPANT'S NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

HOME PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

Mother's Name \_\_\_\_\_ CELL \_\_\_\_\_

Father's Name \_\_\_\_\_ CELL \_\_\_\_\_

I hereby allow my child/children to participate in the Lansdale Department of Parks and Recreation Karate Program and release Lansdale Borough and/or their respective heirs, assigns, and employs from any liability incurred by my child's/children's participation in this program.

\_\_\_\_\_  
(Signature)

\_\_\_\_\_  
(Date)

VISA/MASTERCARD/DISCOVER ACCEPTED WITH IN-PERSON REGISTRATIONS (660 LANSDALE AVE)  
MAIL TO: LANSDALE P&R, ONE VINE STREET, LANSDALE, PA 19446

\$108 CASH CHECK V/MC/DIS

OFFICE USE ONLY

RECEIVED \_\_\_\_\_