

**JUMP! DUCK! KICK!
DISCIPLINE! CONFIDENCE! FUN!**



KARATE-X
EXTRACURRICULAR MARTIAL ARTS PROGRAMS



St Charles Borromeo

Classes Begin April 16th!

Join Karate-X this year for awesome classes that are disciplined, challenging and fun! Students will learn and practice Karate skills with punching bags, breaking boards, blocking drills, kicking targets and more! Karate-X has been teaching in the Puget Sound for 25 years, with a Martial Arts program specifically designed for preschool and elementary students. Our professional instructors know how to motivate kids while building self-confidence and discipline. Belt rank testing is held at the end of each session, giving students goals to aim for and recognition of their accomplishments. Thousands of kids have enjoyed Karate-X classes, and yours will too!

SPRING SESSION: April 16,23,30 May 7,14,21

THURSDAYS 3:00-4:00pm Grade K-5th

\$220 (includes belt test fee and uniform/registration fee for new students)

CLASSES FILL QUICKLY! REGISTER TODAY!