



Solomon Morning Karate Club

P R E S E N T S

SOLOMON MORNING KARATE CLUB

Fonseca Martial Arts presents before school Karate classes this fall to K - 5th grade kids, with FMA staff leading the sessions. The class is open to all skill levels; no previous experience required!

Tuesday & Thursday Mornings

7:45 - 8:45am

Sept 15th - Dec 17th

\$154 for 1x/week option

\$237 for 2x/week option

John Fonseca and Elisa Au Fonseca, owners and chief karate instructors, are America's most decorated karate champions. Their top-quality instructors and programs have earned them a reputation for excellence.

How do kids benefit from karate?

Our Karate program provides an excellent before-school activity for children grades K-5. Classes will emphasize self-defense, goal setting and basic karate techniques. Our instructors will work with students to build character by developing concentration and listening skills, learning respect for others, and improving self-esteem. Students will leave with practical, confidence-boosting skills.



Class size is limited. Karate uniforms (Gi) are optional and available for purchase through your instructor.

If you have any questions, contact us at 847.866.0200 or info@fonsecamartialarts.com You can also call 773-534-5226 for questions specific to Solomon school.

To learn more about karate, Fonseca Martial Arts, visit www.fonsecamartialarts.com.

Register online or return this slip no later than Monday, September 14th with a check made out to Fonseca Martial Arts. Please do not pay Solomon School directly. Mail your forms to 823 1/2 Chicago Ave, Evanston 60202 or register online at fonsecamartialarts.com. Click on "members login." Once you have registered through our site, you can enroll for Solomon school karate on the "other locations" tab.

Tuesday only, \$154 for session Thursday only, \$154 for session Tues & Thurs, \$237

for session

Student's name DOB

Student's grade and teacher name

Any physical conditions we should know about?

Parent's name emergency phone number