

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



KARATE-
EXTRACURRICULAR MARTIAL ARTS PROGRAMS



ROBERT FROST ELEMENTARY

Classes Begin October 4th!

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 20 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!

**FALL SESSION: October 4,11,18,25 November 1,8,15,22,29 December 6
WEDNESDAYS K- 5th Grade 8:30-9:15am**

\$225 (includes belt test & registration/uniform fee)

Register online at:

karate-x.com/registerfrost

CLASSES FILL QUICKLY! REGISTER TODAY!