



# little dragons Karate



Taught by  
Sensei Amanda Hight

## AGES 3 - 6

The program will enhance positive development in a fun and motivating environment. The curriculum focuses on improving children's basic motor and listening skills. Your child will learn how to work with others and follow directions from their instructor's positive social interaction. They will develop a more confident and enthusiastic outlook, which provides a strong foundation for the school years ahead.

John Fonseca and Elisa Au, 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?

Classes are a fun, positive way to increase stamina and build discipline and focus. Classes emphasize self-defense, goal setting and basic karate techniques. Karate also focuses on building character: developing concentration and listening skills, learning respect for others and improving self-esteem. Students leave with practical, confidence-boosting skills.

Class size is limited. Students do not need to wear the traditional karate Gi, just loose, comfortable clothes.

FEE: \$77 FOR MEMBERS; \$96 FOR NONMEMBERS

Thursday                      Apr 17 - May 29                      3:45 – 4:30pm                      in the Red Gym

For more information, or to register, visit Member Activities or call 847.779.8219.