



“Together, we are building the next generation”

Nothing fosters as much self-confidence as participation in the “Programme Karaté Sportif”.

In fact, this is what parents of our students say they appreciate the most. After all, who wouldn't like to know that their child could cope with almost any situation? This is not all. Our students and their parents also tell us that self-confidence makes a huge difference in their relationships with others as well as at school and at home. In addition, they feel in great shape.

“Find your inner Black Belt”

Martial arts are well suited to develop the character of your children, motivating them to excel and to make an effort.

In addition, the courses allow children to develop the leadership skills that they need to deal with negative peer pressure and to succeed in today's world. So, if your child doesn't finish what he starts, can't concentrate for any length of time, angers quickly, lacks confidence, needs role models, trust us. Our instructors are experts when it comes to helping children realize their full potential.

With Karate Sportif: “ I can and I will succeed”

Improved self-confidence and fitness ... that's a perfect combination! With “Programme Karaté Sportif” you have the better of two worlds. Thanks to our courses, your children will feel more secure, but our goal is much more than self-defense. We teach anger control and peaceful conflict resolution. We develop vital concentration techniques and we instill confidence and self-esteem through our comprehensive individual self-development program.

info@karatesportif.com Information: 450.689.7011 (Please do not contact the school)

Groupe Karate Sportif has offered an extracurricular program since 1992, in more than 90 schools, colleges and day cares. The team of instructors provides first class education with pedagogy adapted for children. They teach more than martial arts. They reinforce, in parallel, the values taught at karate, at school, and at home.

Schedule: Preschool to Grade 6: Wednesday 15:30 to 16:45 p.m.

The session begins Wednesday September 13, and ends Wednesday November 29

Cost for the session: \$ 190 - cheque payable to Karate Sportif).

You can pay in two installments: 1st installment: \$ 100 for September 10
2nd installment: \$ 90 for October 10

Uniform Karate Sportif at special cost: 40\$ (value of: 65\$) - pants, sweater, white belt and a backpack. Would you please remit all the cheques (full payment) and enter the name of your child on the cheque(s). Thank you.

Please return the reply slip to the secretary in an envelope addressed to the attention of Karaté Sportif before **Friday September 8.**

Hillcrest Academy School

Start: Wednesday, September 13 / Finish: Wednesday, November 29

Last Name: _____ First Name: _____

Age: _____ Email: _____ @ _____ Current Belt: _____

Phone 1: _____ Phone 2: _____ Group/Level : _____

Preschool / 1st grade / 2nd grade 3rd grade / 4th grade / 5th grade / 6th grade

-My child is already enrolled at Centre Karaté Sportif: YES NO

As active member at Karaté Sportif, the extracurricular program is offered to you without additional charge. If YES, please indicate witch location: _____

-My child goes back to daycare after karate: YES NO

-My children need a uniform for **40\$** (value of 65\$): YES NO

N.B. for students who qualify at the end of the session, there will be an optional assessment cost of \$ 50.00 for the graduation.

Visa/MasterCard: Card no.: _____ Exp. _____ / _____

Signature of Legal Guardian

For French version visit the web site: www.karatesportif.com