



Roseville Parks and Recreation presents



2nd FALL SESSION 2018

SAFETY AWARENESS

SELF-DEFENSE / AMERICAN KENPO KARATE

This program is designed to enhance self-esteem, safety awareness and self-defense. Basic karate moves, forms, and effective self-defense combinations are taught. The course also emphasizes communication skills, responsible citizenship and drug avoidance. It has been taught in connection with Roseville Parks and Rec. for 24 years. It is not a 2 hour "quick fix/feel good" seminar nor is it sport karate. Self-discipline and defense, rather than aggressiveness, are promoted. Parents are encouraged (at no extra cost) to participate with their child. JOIN THE FUN. The instructor is 8th degree Kenpo black belt Norm Rolando.

- PRACTICAL SELF-DEFENSE
- WELL STRUCTURED CURRICULUM
- CERTIFIED RANK WHITE TO BLACK
- AFFORDABLE AND FUN
- NOT "TROPHY KARATE"
- NO EXPENSIVE CONTRACTS
- NO HIGH PRESSURE SALES
- NO BELT TESTING FEE

WE GET THE BEST RESULTS FOR THE BEST PRICE



THURSDAYS

NOV. 29, DEC. 6,13,20, JAN. 10,17,24,31, 2019

(no class Dec. 27 and Jan. 3)

CENTRAL PARK ELEM. SCH., 535 W. Co. Rd. B2 (east of Dale St.)

New students ages 5 and up	5:30-6:10	2201.430
Returning (2 nd degree white)	6:20-7:00	2201.431
Returning (yellow belts)	6:20-7:00	2201.432
Advanced students	7:10-8:00	2201.433
Adults and teens	8:10-9:00	2201.434

Fee: \$48 (RV resident) / \$56 (non-resident). 8 classes.

Loose fitting clothes are recommended. Uniform is optional and available from the instructor for \$30 each. Serious students may also attend our weekly Sat. class and the Annual Kenpo Karate Camp at no extra cost. Other locations are available on other nights. Ask your instructor for more information or call Champion Youth at (763)427-0208. For other questions call Roseville Parks and Rec. at (651)792-7006.



For the most current info., Like, Friend and Share us on facebook at Champion Youth Karate OR go to www.americkanpokenpo.com

Registration is first come first serve. The following session starts Feb. 7, 2019

Please do not drop off your registration at the school – this is a City of Roseville program.

Register by mail or in person at 2660 Civic Center Dr.
Roseville, MN 55113

OR register by phone using a Visa or Mastercard at (651)792-7006

Roseville Parks and Rec. SAFETY AWARENESS registration form for Nov. 2018

Name _____ Sex _____ Parent's name _____

Address _____ City _____ Zip _____

Phone (H) _____ (W) _____ Date of birth _____ School _____

Program # _____ Fee enclosed _____ Type (check) _____ (cash) _____ (charge) _____

Visa _____ Mastercard _____ Exp. Date _____ Card # _____

Signature (as it appears on the card) _____ E-mail _____