

# PARENT & CHILD KARATE

Calling all parents who want to learn basic self-defense. Join our inaugural Parent & Child Karate class and learn self-defense techniques with your child. Our family Karate class allows a chance for the family to slow down and bond while keeping fit.

Karate is a Japanese martial art with influence from Chinese Kung Fu, and is predominantly a striking art using punching, kicking, knee and elbow strikes, and open-hand techniques. Karate helps kids develop traits such as respect, accountability, knowledge, honesty and strength. Participants will learn to trust their decision-making skills, and be encouraged by their progress as they move up in ranking.

## About the instructor:

Sensei Tan Soo Lin is a fifth Dan, internationally qualified professional coach with over 37 years of Karate experience. He has extensive teaching experience and was also the Gold Medallist at the internationally acclaimed Asian Shitoryu Karate Championship.

## CLASS SCHEDULE

### EVERY SATURDAY

5:45 p.m. - 6:45 p.m.  
The Quad Studios 1 & 2

*Member Adult: \$20.50 per session  
Member Child: \$20.50 per session*

*Child must be at least four years old to participate in this class  
Minimum five participants; limited to 15 participants per session  
Price excludes uniform fee*

