

**GRADES  
PRESCHOOL-K**

# KARATE FOR KIDS



## LEARN THE FUNDAMENTALS OF MARTIAL ARTS

With the help of our Muscle Zoo friends, learn & practice karate in this high energy, skill-based class. Hi-yah!



### PRACTICE

AGILITY • MEMORY  
BALANCE • COORDINATION



### PERFORM

KARATE FUNDAMENTALS  
PERSEVERANCE • LIFE SKILLS



### ACHIEVE

DISCIPLINE • CONFIDENCE  
FOCUS • CONTROL

## CLASS OVERVIEW



**WARM UP**



**MAT CHAT**



**SKILL 1**



**SKILL 2**



**COOL DOWN**

**CLICK OR  
SCAN TO  
ENROLL**

## CLASSES HELD AT NEW VISTAS CENTER FOR EDUCATION

### SPRING 2024 SESSION DATES

January 16 - May 7  
*no class on 3/12*

### DAY/TIME

Tuesdays 3:00-4:00

### COST

\$450 or 5 payments of \$92

*\*\$50 Discount given to aftercare students. Please use promo code NVACS24 when checking out.*

*\*\*\$25 annual registration fee includes all earned belts and Karate Zoo shirt*

**CONTACT: PHXEASTVALLEY@JUMPBUNCH.COM / 480-664-1187**