

# KARATE KIDS

**Ages 4 - 5 Tiny Tigers**

**Ages 6 - 7 Lil' Dragons**

**(30 minute class)**

This program is specially designed to help



your child increase coordination, balance, confidence and build character. Each class begins and ends with a bow of RESPECT. Children will warm-up with karate related

games, learn the basic kicks and punches and learn to work together with partners. At the end of class we will cool down with a FUN activity and finish class with another bow of RESPECT!!

## YOUTH / TEEN

**Ages 8 - 17 years old**

**(55 minute class)**

Both girls and boys can enjoy a great way to stay healthy and learn character building. We stress the same types of values that you stress at home, values like honesty, respect, self-discipline, and self-control. Kids will learn everything from basic punches and kicks to forms and self - defense.

**Beginner:** Kids ages 8-12. Those just starting karate to those who are fine tuning the basics.

**Advanced:** For experienced karate students.

\*Invitation only!\*

**Teens:** Young adults, ages 13 to 17, learning with their peers. All skill levels.

# ADULT KARATE

**Ages 18 & up**

**(55 minute class)**



Karate training has been used for centuries to increase fitness, flexibility and stamina. Karate is not only an excellent physical work out, it also improves your focus and concentration while relieving stress for a longer and healthier life. This class begins and ends like all classes with a bow of RESPECT. In the middle you will have the work out that will shape your body and mind. You will work on kicks, punches, cardio, forms, and self-defense, you make the class!!

### UNIFORM COST

Uniform, Red and Blue T-shirts  
\$62.50

Uniform, T-shirts, Sparring Pads  
\$125.00

Karate Uniform orders are taken at the front desk. Half due at time of order with balance due the following month. Some uniforms are in stock. T-shirts and Sparring Gear must be ordered.

**Uniforms must be worn  
to each class!**

## REGISTRATION

Victory Karate is a part of Victory Sports Center and all registrations will be taken care of at the front desk. Victory Sports Center requires a yearly \$24.00 family registration fee once a student enrolls in classes. Once registered in our program, your child's spot is held until a taking a break notice is given. To ensure your first choice of class times, we suggest that all students enroll as early as possible. At Victory Karate we want learning to be **FUN** for your child. That's why we have the best instructors in this area. All our instructors have several years experience in teaching and/or participating in our great sport. All of our staff love kids!!

## STAFF

### INSTRUCTOR

**Mr. David Wright**  
**3rd Degree Black Belt**

Program Director

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KARATE MONTHLY TUITION

LENGTH OF CLASS	MONTHLY TUITION
30 MINUTE CLASS	\$65.00
55 MINUTE CLASS	\$71.00

\*10% off total family enrollment if registered for two of the same or different classes

\*15% off total family enrollment if registered for three or more of the same or different classes

**Karate  
Open Practice**

FRIDAY'S 5:30-6:25

\$12 per class

This may be used as a makeup class for those students who are enrolled in Victory Karate. Please notify the office if you are using Open Practice as a makeup class.

Open practice will count towards the minimum class requirement for belt advancement. Uniforms do not have to be worn to open gym.

Registration online or at the front desk anytime!

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Victory Sports Center  
1060-A Willow Industrial Court  
Cookeville, TN. 38501  
(931) 526-4960

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