

Karate Classes for Ages 4 yrs & up

Lil ' Dragons

Ages 4 - 6 years old

The Lil' Dragon 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. During their 30 min. class 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!!

ADULT CLASSES

Ages 13 & up

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. Working on kicks, punches, bag work, cardio and self-defense, you make the 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!!

KARATE KIDS

Ages 7 - 12 years old

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

Beginner: Kids just starting karate with a White Belt thru students that have their Orange Belt.

Advanced: For the experienced students. Invitation only!

STAFF

INSTRUCTOR

Mr. David Wright

Director

3rd Degree Black Belt

Mr. Max Bailey

Assistant Black Belt Instructor

**SIGN UP TODAY
FOR YOUR
FREE TRIAL
LESSON!!**

UNIFORM COST: \$125.00

*Includes uniform, 2 t-shirts, gear, and mouth guard

- Half uniform deposit due at sign up
- Balance of uniform to be paid following month

Uniforms must be worn to each class!

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:30 Little Dragons	4:00 Little Dragons		4:30 Little Dragons	4:00 Karate Kids Beginner
4:00 Karate Kids Advanced	4:30 Karate Kids Beginner	4:00 Karate Kids Beginner	5:00 Karate Kids Beginner	5:00 Little Dragons
5:00 Little Dragons	5:30 Little Dragons	5:00 Karate Kids Advanced	6:00 Karate Kids Advanced	5:30-6:25 Karate Open Gym
5:30 Karate Kids Beginner	6:00 Adult Karate			
6:30 Adult Karate				

Karate Open Gym: Cost: \$ 8.00

Can also be used as a makeup class or just come for some extra practice time! For active students open gym will count towards the minimum class requirement for belt advancement.

MONTHLY TUITION	2 classes per week
Lil' Dragons (30 minute class) Ages 4 - 6yrs *Full uniform and Gear Required	\$76.00
Karate Kids (55 minute class) Ages 7 - 12yrs *Full uniform and Gear Required	\$84.00
Adult Karate (55 minute class) 13yrs. - Up *Full uniform and Gear Required	\$84.00

***Karate classes can be taken once per week at a discounted rate and you may add an additional day of class at any time if spots are available.**

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

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



AT
 VICTORY SPORTS CENTER
 "WHERE KIDS CAN LEARN AND GROW"

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 FOR THE
 WHOLE FAMILY**

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www.victorysportscentertn.com