

Kyle's Karate

Martial Arts Programs

Kyle's Karate is a one of a kind, well-rounded mixed martial arts self-defense program that combines exciting instruction with practical, effective techniques. Uniforms, belts, and belt promotion ceremonies are included. Students will learn to guard and protect themselves whether it be standing up, close quarters, or on the ground. Discipline, respect, and confidence are an integral part of this class. Street smarts, de-escalation, and bully-conflict resolution are incorporated. Each student will learn essential kicks, punches, and blocks, along with self-defense moves and knee strikes. Beginner techniques are practiced on equipment held by the instructor, never student-to-student. This is a mixed class for students of varying levels, from absolute beginner to intermediate. Most importantly, your child will gain confidence in themselves and their ability to succeed. The last class, November 15th, will be a belt test and promotion ceremony. Families are encouraged to come and watch.

Cost: \$200 for 10 weeks. Includes: Full Uniform, White Belt, Belt promotion ceremony

When: Wednesdays | 6:00 - 7:00pm **Classes:** September 13th - November 15th

Who: Elementary School Aged Students

Where: Gymnasium at Wyngate Elementary School, 9300 Wadsworth Dr, Bethesda, MD 20817

Program Contact: Kyle Mitcham | (301) 250 3210 | kyleskarate@gmail.com | KylesKarate.com

Child's Name _____ **Date of Birth** _____

Parent/Guardian _____ **Email** _____

Parent/Guardian _____ **Email** _____

Signature

(acknowledges you understand and agree to the injury release listed)

Date

Injury Release: Participation in sports can be inherently dangerous and it is impossible to ensure the safety of all participating individuals. This program incorporates simple and safe physical activities. Although many risks can be avoided, I understand that not all risks can be and release Kyle's Karate from responsibility for any injury that my child might incur during the course of normal class participation.