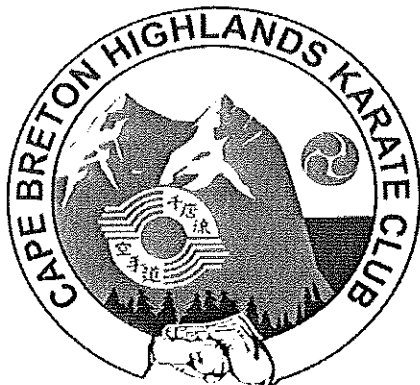


Parents, PLEASE VISIT OUR WEBSITE and Bookmark on your Phone or Computer
(FACEBOOK page: search for the group CBHKC-Baddeck)

<http://lgdonovan.wix.com/cbhkarate>

Join
Today!



Still
spots
Open!

Dear Interested KARATEKA,

Karate season is coming to Baddeck! Anyone wishing to register with the club may do so by filling out the form and attending our regular class time each and every Wednesday evening from 5:30 to 6:30 p.m. for beginners (typically school age of 5 and above), but classes will go from 5:30 to 7:30 p.m. for adults and students over 9 years of age and above. Classes are held at the Masonic Hall in Baddeck, running EVERY WEDNESDAY from September 27th, 2017 and continuing until May 9th, 2018.

Cost for registration is \$75.00 per student or \$100.00 per family for the year. This may be paid at once, or in three (3) installments of \$25.00, from now until December, (Family to pay 3 installments of \$40, \$30, \$30 for the family rate). This money is used strictly for insurance, tournament equipment, certificates and belts, for our Karate club is INDEPENDENT of all karate associations and not-for-profit.

Individual club dues of a "twoonie"+ a "loonie" (\$3) will be asked of each student per evening (family rate is \$5 per evening). This covers all classes if you want to stay for both hours.

Any questions, call / text Sensei Leo Donovan @ 902 285-0663 (cell) or email lgdonovan@staff.ednet.ns.ca or message Leo through Facebook Messenger

Karate Participant Registration Sheet

(Please print clearly)

Participant's Name _____

Parent/Guardian Name(s) _____

Telephone # _____ Email _____

Method of Payment:

Complete Payment: (\$75 /individual, or \$100 /family)

Monthly Installments: (3 payments of \$25 /individual, or 3 payments of \$40, \$30,30 /family)

(If paying by cheque, please make payable to CBH Karate Club)

What is a typical class at Cape Breton Highlands Karate Club?

A typical Karate Class:

Classes are 1 hour long. A typical class involves 15 minutes of warming up the joints and muscles, 15 minutes of aerobic exercise, such as relay races, push-ups, sit-ups, jumping jacks, and 30 minutes of doing karate, involving:

- i) “kihon” = basic techniques of kicking, blocking and punching... (but only in the air, not at a person);
- ii) “kata” = formal exercise that is a set series of blocks, punches and kicks in a dance-like routine that once again is done without a partner, and ;
- iii) “kumite” = sparring, but the sparring done in this karate style is dictated by safety and control. All techniques are “static”, non-moving techniques, in a safe and controlled environment.

Adult classes (ages typically 10 to 75) involve the same routine, but with more focus on the forms or Kihon/Kata technique.

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Facebook ... CBHKC-Baddeck

