

MARTIAL ARTS 2012



Wall Recreation Department is offering 8-week Martial Arts classes for children ages 6– 10 and a **new co-ed adult class**. This program will teach students the fundamentals of the martial arts and self defense. Students will learn proper techniques to develop muscle memory while increasing motor skills, hand-eye coordination, speed and balance. Students will be eligible for advancement in rank through belt testing.

Instructor: Sensei Mat is a 2nd degree Black Belt in Okinawan Kempo and TaeKwonDo/Hapkido. He is a CDT Tactical Master Instructor and a Nationally Certified Child Safety Instructor. Mat is also a AHA CPR and First Aid Instructor.

MARTIAL ARTS
Ages 6—10

WHEN? Wednesdays / Feb 22—Apr 18
No class Apr 11

WHERE? Wall Municipal Bldg / Lower Level

TIME? Beginner / 4:30—5:30 p.m.
Advanced / 5:30—6:30 p.m.



ADULT
MARTIAL ARTS

Wednesdays / Feb 22—Apr 18
No class Apr 11

Wall Municipal Bldg / Lower Level

Beginner / 6:30—7:30 p.m.

FEE: \$65 / Residents \$75 / Non-residents
DEADLINE: February 15

Please mail & make checks payable to:

Wall Recreation—2700 Allaire Rd.—Wall, NJ 07719 / 732-449-8444, ext. 251 / www.wallnj.com

Fee is non-refundable unless program is cancelled by the Recreation Department. Credit will be issued for any Wall Recreation program.

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MARTIAL ARTS 2012 Feb 22—Apr 18 \$65/Residents & \$75/Non-residents

NAME _____ CHILD'S AGE _____ M ___ F ___

ADDRESS _____ ZIP _____

PHONE # _____ EMERGENCY # _____

E-MAIL ADDRESS _____

PLEASE REGISTER MYSELF / CHILD FOR:

Martial Arts: Beginner _____ Advanced _____ Adult: _____

I hereby certify that myself / child is physically capable of participating in the Martial Arts program. Parent/Guardian initials _____

Date Paid _____ Check # _____ Amount _____ Cash Amount _____