



Karate NL – Active Start Program 2010 – Karate Fun & Fitness

KNL is offering a day of karate fun as part of its *Active Start Program* to promote fitness through karate fundamentals. There is “**no charge**” but the number of participants is limited. Each karate member may invite one friend (free) to participate with him/her in the karate fun & fitness session on that day. There is no charge for the invited friend.

When: 27 Nov 2010 Sat Where: Mary Queen of Peace School gym Time: Session A (10am) Session B (2pm)

Karate members may participate by completing a registration form to be submitted to Sensei Derek J. Ryan. Please register only if you are completely committed to attending. Do not waste a place which another child would be able to fill.

Deadline 21 Nov 2010 (Mon).

Registration Form: Active Start Program - Karate Fun & Fitness - 27 Nov 2010 (Sat)

Dojo (club): _____ Sensei (instructor) _____

Karate Student: _____ Age: _____ Rank: _____

Emergency Contact Tel: _____

Friend: _____ Age: _____

Emergency Contact Tel: _____

Please check only one of the sessions below. Participants are grouped by age.

Session A: *This is for children 8 years and under.*
Time: 10:00am-12:00 noon Sat 27 Nov 2010 (MQP gym).

Session B: *This is for children 9 years and older.*
Time: 2:00pm - 4:00pm Sat 27 Nov 2010 (MQP gym).

Parental Permission for Karate Member:

I give permission for my child _____ to participate in the 27 Nov 2010 Karate NL Karate Fun & Fitness Session at Mary Queen of Peace School.

Signature of Parent/Guardian: _____ Date: _____
Tel: _____

Parental Permission for Friend of karate member:

I give permission for my child _____ to participate in the 27 Nov 2010 Karate NL Karate Fun & Fitness Session at Mary Queen of Peace School.

Signature of Parent/Guardian: _____ Date: _____
Tel: _____