

# Karate Classes

for

## First year -Sixth year Students

**Teacher:** Robert Holmes has taught the fundamentals of multiple sports including basketball, football, soccer and martial arts for nearly twenty years. He has worked with thousands of students here in the Atlanta metro area. Robert has studied, practiced and taught martial arts for twenty-nine years and has a 4<sup>th</sup> Degree Black Belt in TKD and a 1<sup>st</sup> Degree Black Belt in American Karate. Married and the father of three children, Robert is the owner of Holmes Martial Arts and Coach and Play Sports.

**Class Description:** In teaching students martial arts, Coach Holmes believes it is very important that students have an instructor who will nurture enthusiasm and give the encouragement to excel and flourish. This class is designed to help students develop leadership skills, self-discipline, positive attitude, enhanced coordination, perseverance and increased attention and self-esteem.

**Dates:** Wednesdays, January 6<sup>th</sup> through March 10<sup>th</sup>, 2010

**Times:** 3:15 – 4:15 (Children not enrolled in Enrichment need to be picked up by 4:15 to avoid late pick-up charges.)

**Place:** LV1, Deedee's classroom

**Fee:** \$150

**Deadline:** Monday, 12/14 (First come first served)

**(Students enrolled in this class are invited to attend sparring classes free of charge on Saturdays at 9 am. These are held at Holmes Studio at 8032 Covington Hwy in Lithonia.)**

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### Karate Sign-up Form

*Please make checks out to Arbor Montessori and send to Mickey's attention.*

Child's Name \_\_\_\_\_ Age/Class \_\_\_\_\_

Parents' Names \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell \_\_\_\_\_

Preferred e-mail address \_\_\_\_\_

\_\_\_\_\_  
Note allergies or special information here: