



# KARATE AT CAMILLA



We are back in action again in January and new students are welcome to join. We are accepting new students and students white to red belt.

Certified Black Belt instructor, Sensei Janet Vranas, 7<sup>th</sup> dan, will guide you towards greater self confidence and discipline as you improve your balance, coordination, flexibility and reaction and best of all it is a lot of fun!

When: **Tuesdays, Jan 16 - Mar 19 (10 week session)**

Time: **White belts 3:15-4:00 pm / Yellow/Blue/Red belts 3:15-4:15 pm**

Where: **RQB Community Center Gym**

Who: **Grade 1 & up**

Fee: **\$45 min class - \$170 1 hr class \$ 185 \$52 for uniform**

Students yellow belt and above should purchase at least the minimum requirements for sparring gear.



**How to Register:** Please fill in the registration form below and scan and email to [desakarate@shaw.ca](mailto:desakarate@shaw.ca) or bring it to the St. Albert dojo at **3 Rowland Crescent** at a prearranged time if you are a new student needing to purchase a uniform. You can also mail it with payment to the address at the bottom of the flyer if you have a uniform already. Payment is by cheque to MEM Karate or cash. eTransfers could be arranged.

**Registration deadline:** We need a minimum of 12 participants registered by **Jan 10 to run the Winter session.**

Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Need Uniform:  Have Uniform:

Any medical conditions or food allergies we need to be aware of? \_\_\_\_\_

Waiver
I acknowledge that karate, related martial arts and self defense are full body contact activities and as a consequence, there is a risk of physical injury while participating. I further acknowledge having read this Liability Release carefully and confirm that I understand its terms and agree to be bound by it. In consideration of M.E.M. Karate Ltd. accepting this application, I, the undersigned, for myself, my heirs, executors, administrators and assigns release M.E.M. Karate Ltd., its servants agents directors, and employee from any claims, demands, damages, person or property while attending at or participating in a karate, self defence, martial art or related activity notwithstanding any such loss, injury or damage may have arisen by reason of the negligence of M.E.M. Karate Ltd., its servants, agents, or employees. Without limiting the generality of the foregoing, I further release any recourses which may now or hereafter have resulting from any decision of M.E.M. Karate Ltd.

Parent/Guardian Signature

Date

CHEQUE

CASH

eTRANSFER

AMOUNT PAID: \_\_\_\_\_



**Sensei Janet Vranas**

3 Rowland Crescent, St. Albert, AB T8N 4B2

[desakarate@shaw.ca](mailto:desakarate@shaw.ca)  
[www.desakarate.com](http://www.desakarate.com)

**780-458-6931**