

Have fun and learn karate right AT your school!

Personal Best Karate

A great way for your child to learn new skills, have fun, but also gain confidence and self-respect!



The Personal Best Karate “**Fitness Based Character Development Course**” combines martial arts lessons with character education lessons. Specifically, we will be focusing on positive life skills including focus, cooperation, self-control, respect and listening. The program is open to all students; enrollment is limited. This program will be taught by **certified Black Belt Instructors from Personal Best Karate**, under the guidance of Four Time World Champion and Child Safety Instructor Master Christopher Rappold.

Just stay after school at LG Nourse for your weekly class -

Graduation will be at Personal Best Karate, 250 East Main St., Norton

Class is 45 minutes long, parents pick up after class or they can head back to Champions.

Four Week Class Schedule after school

K & 1st Grade: Wednesdays, October 5, 12, 19 and 26

2nd & 3rd Grades: Tuesdays, October 4, 11, 18 and 25

At the end of the program, a graduation ceremony will be held at PBK where the students will be presented with their first belt and learn how to break a board!

Graduation: TBD

The fee for the program is \$35 and ALL the money goes directly to the LG Nourse School! The materials and instructors required to run the program will be provided by Personal Best Karate as part of our commitment to helping the local children.

www.personalbestkarate.com • 508.285.5425

Student Name _____

Parent Name _____ Willing to Volunteer? Yes No

E-mail _____

Grade _____ Teacher _____

PLEASE RETURN with \$35 check payable to LG NOURSE PTA BY OCTOBER 3rd