



What Is KARATE?

Karate is a traditional Japanese martial art. Chito Ryu Karate develops students both physically and mentally to help them become their personal best.

(Karate utilizes various punches, blocks, kicks and stances in its training.)



Physical Benefits

- > Balance to avoid falling
- > Flexibility to reduce risk of injury
- > Co-ordination to enhance fine body control
- > Muscle Strength to become stronger & more powerful

Mental Benefits

Focus to earn better grade in school

Self-Confidence to make more new friends

Awareness to defend bullies wisely and peacefully

Respect to build better relationship with teachers and parents

Self-Discipline to become a better individual in school and society

Life Skills Program

Life Lessons - Character words are taught to initiate a discussion between parent & child.

Report Cards - Motivation system rewards students for making the honor roll.

My Best List - Establishes a system of chores & personal care at home.



Course Content

1. Karate basics - techniques such as punches, blocks and kicks
2. Katate - karate forms and sequence of movements
3. Sparring and self-defence - application of karate techniques in real situation
4. Anti-bullying and character development - learn to deal with bullies peacefully

Call Today for a FREE Class!

Earn a white belt on your first class.

Comes with a New Student Evaluation.

Frist 10 Callers get to BREAK A REAL BOARD!

Contact Info

Instructor: Mr. Heyton Tze

Phone: 810-22-433

Email: karate@chitoryu.hk

Website: www.chitoryu.hk

Karate Class Schedule

<i>Monday</i>	Time	Date	Remarks	Tuition
Kellett School	2:30 to 3:15 pm	Sep 12 – Dec 12		\$1950
Kellett School	3:15 to 4:15 pm	Sep 12 – Dec 12		\$1950
Quarry Bay School	2:45 to 3:45 pm	Aug 29 – Dec 12		\$2100
Christian Alliance Int'l School (Shek Kip Mei campus)	3:15 to 4:15 pm	Sep 5 – Jan 16		\$2100
<i>Tuesday</i>				
Clearwater Bay School	2:45 to 3:45 pm	Aug 30 – Dec 13		\$2100
Discovery College	3:30 to 4:30 pm	Aug 23 – Dec 13		\$2250
Discovery College	4:30 to 5:30 pm	Aug 23 – Dec 13		\$2250
Christian Alliance Int'l School (Kowloon City campus)	3:15 to 4:15 pm	Sep 6 – Jan 17		\$2400
<i>Wednesday</i>				
Kiangsu Chekiang Int'l Sch	3:30 to 4:30 pm			\$1950
Stanley Sport Center	5:00 to 6:00 pm	Sep 7 – Dec 14		
<i>Thursday</i>				
Kennedy School	3:15 to 4:15 pm	Sep 1 – Dec 15		\$2250
Bradbury School	2:45 to 3:45 pm	Sep 1 – Dec 15		\$2250
YWCA Hong Kong	5:00 to 6:00 pm	On-going		
YWCA Hong Kong(Advance)	6:00 to 7:00 pm	On-going		
<i>Friday</i>				
Peak School	3:15 to 4:15 pm	Sep 2 – Dec 9		\$1950
YWCA Hong Kong *	5:00 to 6:00 pm	On going		
YWCA Hong Kong *	6:00 to 7:00 pm	On going		
<i>Saturday</i>				
Discovery College	10:00 to 12:00noon	Aug 27 – Dec 10		\$1950
Kowloon City	2:15 to 3:45 pm	Aug 27 – Dec 10		\$1950
Bradbury School	4:30 to 6:00 pm	Aug 27 – Dec 10		\$1950

Note :

*Please enroll directly with YWCA.

TERMS AND CONDITIONS

Course Withdrawal

- In the event of a withdrawal before the commencement of a course. The course fee shall be fully refunded.
- In the event of a withdrawal after the commencement of a course, no course fee will be refunded.

Rules and Regulations

- No lessons will be held on public holidays. Please consult our brochure for other holidays, such as term break.
- Courses are automatically canceled during red/black rain warnings, the hoisting of the No. 8 typhoon signal or when course venues are closed due to mitigating weather conditions. A credit letter shall be issued for these canceled lessons or for those we are forced to cancel due to unforeseeable circumstances.
- In the event of sickness or non-attendance of course, no refund or credit letter shall be issued under these circumstances. Unfortunately no make up lesson can be arranged in these cases.
- Coaches are not responsible for any accidents resulting from foul play before and after classes. Students must follow rules set out by the coaches.

KARATE CLASS ENROLLMENT FORM – September 2011

Student's Name : _____ School : _____

Age : _____ Date of Birth : _____

Address : _____

Tel : _____ (H) _____ (O) _____ (M)

E-mail : _____

To enroll, you may

- Fax the enrollment form to 3020-8890
- E-mail to karate@chitoyu.hk
- Visit our website www.chitoyu.hk under "Contact Us"
- Bring the entry form together with the cheque to class.

Please make the cheque payable to "Chito Ryu Karate".

Notice: Participating in karate can be strenuous, and a reasonable level of fitness is required. In the event that your child suffer from any medical condition, disability or general poor health you should consult your doctor prior to participating in the activity. In addition, if your child has any allergies, medical conditional or is taking medication, please state details here.

I have read and accept all the rules and regulations (on the top of this page).

Parent's Name : _____

Parent's Signature : _____

Date : _____