



# YUISHINKAI KARATE



## 'KARATE FOR KIDS' WITH SENSEI FAREED ANSARY

Yuishinkai Karate will be offering karate for kids at schools this year. The 'karate for kids' program is specifically designed to develop kids through karate training by teaching empty hand karate and weapon training. The training programs are outcome based, which includes various life skill interventions, development of gross motor and fine motors skills, development of muscle tone and hand eye co-ordination. The program also develops the body physically, emotionally and mentally to prepare kids for their foundation phase. Classes will be offered at school once a week for a duration of 30 minutes.

### KARATE CONTENT

- Empty hand karate
- Okinawan weapon training
- Karate Sparring
- Basic Japanese

### OUTCOMES

- Prepare for school readiness
- Developing left & right side of brain
- Develop fine motor skills & gross motor skills
- Enhance Communication skills
- Building character through teamwork
- Instill confidence
- Most importantly – Learn through Play
- Develop focus and concentration
- Channel energy levels in a constructive and positive way
- Develop independent thinking
- Understanding body parts
- Ability to understand & follow instruction
- Fun!!! Fun!!! & more Fun!!!

### Contact Details

Sensei Fareed Ansary  
5<sup>TH</sup> Dan Japan  
Cell: 081 414 5171  
Email: info@ykbenoni.co.za

### 2019 Fee Structure

Fees are based on a 10 month calendar February to November

Registration fee once off R150

Training fee R140 per month payable by the 1<sup>st</sup> of each month

### Banking Details

First National Bank

Cheque account 62524806281

Branch code 251742

Reference- students name and school



# YUISHINKAI KARATE

## REGISTRATION FORM

### STUDENT DETAILS:

FIRST NAME .....

SURNAME .....

DATE OF BIRTH ..... AGE .....

ANY PHYSICAL IMPAIREMENTS TO DECLARE

.....

ANY MEDICAL CONDITION TO DCELARE

.....

### PARENT DETAILS:

PARENT NAME .....

HOME TEL NUMBER ..... WORK TEL .....

CELL NUMBER .....

EMAIL .....

**DISCLAIMER: YUISHINKAI KARATE AND SENSEI FAREED ANSARY SHALL NOT BE HELD RESPONSIBLE FOR ANY INJURY TO PERSON/S OR DAMAGE TO PROPERTY DURING TRAINING OR AT THE TRAINING FACILITY.**

### TERMS AND CONDITIONS:

Parents agree to pay the annual registration fee.

The termly/monthly training fee by the first of each new month/term.

One month notice of cancellation must be given to the instructor should a student decide not to continue with classes.

PARENT NAME .....

SIGNATURE .....