

Karate NL is offering a day of karate fun as part of its Active Start Program to promote fitness through karate fundamentals. There is "no charge" but the number of participants is limited. Each karate member may invite one friend (free) to participate with him/her in the karate fun & fitness session on that day. There is no charge for the invited friend.

Who : Members of Karate NL and friend/family When: Saturday Oct 5th, 2013 Where: St. George's Elementary School Gym, 234 Conception Bay Hwy, CBS NL Time: 10:00 am to 12:00 pm

 Please bring in this form by Saturday Oct 5th 2013 - 10 am

 Registration Form: Active Start Program – Karate Fun & Fitness – Saturday, Oct 5th, 2013

 Dojo
 Sensei/Sempai (Instructor)

 Student's Name
 Age
 Rank

 Friend's Name
 Age
 Contact Ph #

Please check only one of the sessions below. Participants are grouped by age. Time: *10am to 12:00pm St. George's Elementary School Gym*

Parental Permission for Karate Member:

I give permission for my child _______ to participate in the Saturday, Oct 5th, 2013 Karate NL Karate Fun & Fitness Session at *St. George's Elementary School Gym.*

Signature of Parent/Guardian

MM/DD/YYYY

Contact #

Parental Permission for Friend of karate member:

I give permission for my child _______ to participate in the Saturday, Oct 5th, 2013 Karate NL, Karate Fun & Fitness Session at *St. George's Elementary School Gym.*

Signature of Parent/Guardian

MM/DD/YYYY

Contact #