



FITNESS KARATE at the Stonelake Clubhouse

Powered by *Zoe Martial Arts*

Registration Form 5.08

"Sensei", Curtis M.S.P.T. will be teaching Fitness Karate at the Stonelake Clubhouse. Teacher Yee has worked with the Stonelake HOA to offer these high quality classes at 40-50%* off comparable fees of retail schools. He has also included discounts for Families up to 50% off.

Teaching Method: Sensei Yee teaches a combined style which includes: *American Kenpo Karate, Tae Kwon Do, and Kung Fu*. His teaching focuses on Self-Defense, Fitness and building Self-Confidence. He also has an interest in Mixed Martial Arts or MMA which combines various style of striking, kicking and grappling arts.

"I am pleased to share the strength, flexibility, power and grace of the martial arts with our youth, and to encourage a fit lifestyle for adults as well."

"Also being a licensed Physical Therapist for over 18 years, I have taught modified exercise programs from the competitive athlete to the injured patient and to the weekend warriors in between. So whether you are in-shape or want to "get in-shape" Stonelake Fitness Karate can offer you a



Fun and Practical Fitness Program

You may join at any time.



Little Tiger Class for ages 4-6
Youth Class ages 7-12 **
Adult Class ages 13 to Adult

Recreational
Twice a Week
Available by Appointment at an alternate site.

Tue. 1x/wk
Tues and Fri

^{5:00}
~~4:30~~ p.m. [approx. 45 min class]
~~5:45~~ p.m. [approx. 45 min class]

Fees:

Little Tiger Class \$45/ mo Youth Class \$69/ mo

Family Plan: Register another family member (same household) and receive 25% off the regular rate for the 2nd and 50% off the 3rd or more family members.

*Based on an average of \$115/ mo. (378-6150) Karate school fees in the Elk Grove area. Survey 2008

Clipart used by permission from: <http://www.Blackpoolkarate.com>

Reasons to Join Fitness Karate (Powered by Zoe)



1. Martial Arts is a great FITNESS PROGRAM.

Whether you are an adult or youth, the martial arts are a great form of exercise even for the beginner. Many people use Karate to get in-shape. Underlying all martial art maneuvers are aspects of Flexibility, Strength, Agility and Endurance. These key fundamentals are foundational to many other athletic sports including: Baseball, Basketball and Soccer.

2. Martial Arts is a practical form of SELF-DEFENSE

Many people enter the martial arts to learn Self Defense. The martial arts build self-confidence as defensive maneuvers are practiced and mastered.

3. The Martial Arts is an ART FORM

Like gymnastics or dance, when proper technique is combined with athleticism, even sparring and the combative forms of the martial arts can be acrobatically artistic.

4. Martial Arts is both an INDIVIDUAL SPORT and a TEAM SPORT

Martial Arts can be practiced individually in the privacy of your home, but the community of the school encourages support and friendship. *"Any individual goal has a greater chance at achievement if embarked upon together"*

Stonelake Fitness Karate may be reached in the evenings at (916) 862-1493 or by e-mail at: info@fitnesskarate-wy.co.com

Sensei Curtis W. Yee

"Celebrate Life, Protect Life" "Zoe" means "life".

Please PRINT and submit with your registration fee (Reg. is complete when ZMA Policies & Procedures and Liability Form is read and signed)

Student Name: _____ Age _____ Grade _____ Phone: _____

Address: _____ E-mail address: _____

Parents name _____ Uniform info: Height _____ ft _____ in _____ wt _____

For Office Use Only: (Complete one form for each student or interest list.)

<u>Check Plan</u>		<u>Reg. Rate</u>	<u>% Disc</u>	<u>Fees</u>	<u>Sub total</u>
___ Little Tigers	Months _____	\$45	---	\$45	_____
Family Plan-Little Tigers Ages 4-6					
___ Primary Family Member Name	_____	\$45	25%	\$34	_____
___ Secondary Family Member Name	_____	\$45	50%	\$22.50	_____

___ Youth	Months _____	\$69	---	\$69	_____
	1 x/week	\$49	---	\$49	_____
Family Plan					
___ Primary Family Member Name	_____	\$69	25%	\$52	_____
___ Secondary Family Member Name	_____	\$69	50%	\$34.50	_____

Notes: _____ Registration fee (includes uniform) \$50

(Checks made payable to: Curtis W. Yee) _____ Total _____
 Stonelake HOA use fee 20% ()