



## The best Kid's Karate with Sensei Meghan!

Classes will take place on Tuesday afternoons. Each class will be 30 minutes in length. There will be six classes total starting on September 15 and ending on October 20 (parents are invited to this class to see our kids in action!). The cost for the six classes is \$45.00. To register please submit the form below by Friday, September 11.

### Kodomo Karate

My name is Meghan Greig, a.k.a Sensei Meghan ("sensei" means "teacher" in Japanese).

I have been studying Karate for over twenty years and teaching it for almost as long. I have had the opportunity to teach karate and self defense to everyone from toddlers to seniors, all the way from here in Montreal to the most northern part of Quebec.

My training as an elementary school teacher was integral in helping me design Kodomo Karate; a special class customized for the preschool aged population. This program is a unique blend of traditional martial arts etiquette and technique, with age appropriate games and manipulatives designed to bring young children a love and appreciation for the world of martial arts.

What will your child gain from Kodomo Karate?

Each class begins with an activity called the "ski game". "SKI" is the magic word in our karate classes. It means that students must stand absolutely still and quiet, waiting for the "sensei" to give instruction. In the ski game, students are asked to use their imaginations to pretend to be something loud and fast. This might be their favourite animal, or a gigantic T-Rex, or Lighting McQueen. All the while, students are listening for the word Ski. When they hear it, they race back to their spots, and stand at attention, completely silent. This is one example of the many activities and exercises designed to bring children from their natural state of high energy to one of calm and focus.

The end result?

Children who are masters of themselves. Able to have fun and be a child, while also capable of settling into quiet focus when necessary. This is only one amazing life skill that Kodomo Karate can introduce to your child. Add to that the confidence they will gain from feeling Strong both inside and out. And throw in some kicks, punches, and the ability to count to ten in Japanese!

I wish to register my child for Karate classes with Sensei Meghan for the September/October 2015 session (Tuesday afternoons)

Child's name \_\_\_\_\_ Classroom \_\_\_\_\_

I enclose \$45.00 cash \_\_\_\_\_ or cheque \_\_\_\_\_ (made out to Montessori)

Parent's signature \_\_\_\_\_