

# Kid's Karate with Sensei Meghan

## Kodomo Karate



Meghan Greig (Sensei Meghan) is trained as an elementary school teacher and has been studying and teaching Karate for twenty years. Meghan has been teaching our popular Karate program for many years now and our students never seem to get enough Karate! We can guarantee that all children will LOVE Sensei Meghan's classes. Sensei Meghan's creativity (she uses fun themes to illustrate the Karate moves) and her skill and sensitivity in working with young children (all the children focus in Meaghan's classes!) means that our Montessori Karate program is well worth attending. In Sensei Meghan's words:

*"Kodomo Karate is 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! "*

Classes will take place on Friday mornings. Each class will be 30 minutes in length. There will be six classes total: March 19, 26, April 9, 16, 23, 30 (no class the 2<sup>nd</sup> of April)

The cost for the six classes is \$60.00. To register please submit the form below by Friday, March 12<sup>th</sup>.

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I wish to register my child for Karate classes with Sensei Meghan for the March-April 2021 session

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

I enclose \$60.00 cash \_\_\_\_\_ or cheque \_\_\_\_\_ (made out to Montessori Pointe Claire)

Or - I will make an electronic transfer of \$60.00 to [etransfer@montessoripc.com](mailto:etransfer@montessoripc.com) \_\_\_\_\_

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

