

**KARIEN JACOBSZ (8th DAN)
INTERNATIONAL SHOTOKAN KARATE FEDERATION
(South Africa)**



KARATE AT ST PAULUS

Karien Jacobsz Karate School
Cell: 082 379 0579
E-mail: karien.jacobsz@gmail.com
Website: www.iskf-pretoria.co.za



KARATE CLASSES AT ST PAULUS (SCHOOL HALL)

MONDAYS	
Session 1	Session 2
14:00 - 15:00	15:00 - 16:00
All Learners	All Learners
Attend the Session most suitable	

WHY KARATE?

WILL IT BENEFIT MY CHILD'S DEVELOPMENT?

YES, DEFINITELY, KARATE WILL BENEFIT YOUR CHILD'S:

- Body Awareness, Balance and Posture
- Develop Hand-Eye Co-ordination
- Space Awareness
- Midline Crossing
- Fitness
- Confidence
- Concentration
- Commitment

Karate is aimed at the individual and every child will develop at his/her own pace. As a sport, Karate will teach your child about fitness, discipline, commitment and build confidence. Most importantly it is ideally suited to benefit your child in the development of skills needed to perform well at school.

Your child will learn to co-ordinate his/her arms and legs by punching with the left arm and kicking with the right leg and vice versa. This will aid his/her concept of laterality. Karate training teaches your child to move the two sides of his/her body symmetrically or totally independently and orientates him/herself in space by moving left, back, forward etc. This aids midline crossing, balance and position in space. These concepts are extremely important in reading, writing and mathematics.

Karate is the only sport, which in training, constantly crosses the left and right side of the brain. The child's brain receives constant stimulation through the midline crossing techniques unique to karate training.

**Complete the enrolment & Whatsapp or email
082 379 0579 / karien.jacobsz@gmail.com**

KARATE ST PAULUS

ENROLMENT

**SENSEI KARIEN JACOBSZ AS INTERNATIONAL SHOTOKAN KARATE
FEDERATION (KARIEN JACOBSZ KARATE SCHOOL)**

PARENT/LEGAL GUARDIAN DETAIL

SURNAME.....NAME.....

FATHER'S CELL NR.....MOTHER'S CELL NR.....

CELL NR TO RECEIVE SMS MESSAGES.....

E-MAIL.....

To which correspondence can be sent (print neat at possible please)

FOR AND ON BEHALF OF:

STUDENT'S

SURNAME.....NAME.....

DATE OF BIRTH/ID NR.....

GRADE AT SCHOOL.....CLASS.....

I, the Parent/Legal Guardian of the above named student, and the undersigned, hereby apply for membership of Shotokan Karate Federation for the above named student, and hereby agree to the following terms and conditions.

Monday's Session 1: 14:00 - 15:00, Session 2: 15:00 - 16:00

Attend the Session most suitable

- (1) Fees are calculated per school term, payable in advance at beginning of each term (R1350 x 4 terms per year), alternatively the term fee can be paid off in monthly instalments of R450 by 1st of each month for 12 months of the year.
- (2) Yearly Affiliation fee of R320
- (3) Calendar month notice in advance with payment is required to cancel membership
- (4) Fees will be calculated pro-rata on date of joining for all new members

Banking detail:

ACCOUNT - SHOTOKAN FEDERATION SA
ABSA CHEQUE; 712089857

(please use student name & surname as reference)

SIGNED AT.....THIS.....DAY OF.....20.....

STUDENT/ PARENT/ LEGAL GUARDIAN