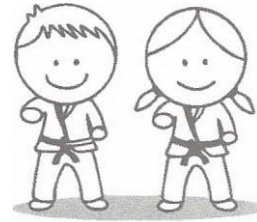


KARIEN JACOBSZ (7th DAN)
INTERNATIONAL SHOTOKAN KARATE FEDERATION
(South Africa)



Karien Jacobsz Karate School
76 Van Ryneveld Road, Pierre van Ryneveld
Tel: 0126621565, Cell: 0823790579
E-mail: karien.jacobsz@gmail.com
Website: www.iskf-pretoria.co.za



KARATE CLASSES OFFERED AT ST PAULUS PRIMARY

**WHY KARATE?
WILL IT BENEFIT MY CHILD'S DEVELOPMENT?**

My Teaching Philosophy

I teach karate with passion, since I wholeheartedly believe in the results of training in the Martial Art form for an individual. Karate training is known for developing:

- Body awareness, Balance & Posture
- Commitment & Perseverance
- Midline Crossing
- Development of hand-eye co-ordination
- Concentration
- Fitness
- Confidence
- Space Awareness

●
Karate is aimed at the individual and every child will develop at his/her own pace. As a sport karate will teach you about fitness, discipline, commitment and instill confidence. It is also ideally suited in aiding a child in the development of skills needed to perform well at school, Your child will learn to co-ordinate his arms and legs by punching with left arm and kicking right leg or vice versa. This will aid his concept of Laterality. Karate training teaches him to move the two sides of his body symmetrically, or totally independent and orientates himself 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 and will therefore help to prepare your child for school readiness.



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

DAYS AT ST PAULUS: Monday's and Wednesday's (in school hall)

TIME: 14:00 – 14:50

Members can attend one or two session per week as preferred

Fees & Banking detail:

Registration Fee: R280 per year

Class fees:

Once per week attendance: R930 per term once per week attendance, payable in the beginning of the term (4 terms per year) OR Term fee can be paid in monthly installments of R310/month over 12 months.

Twice per week attendance: R1200 per term once per week attendance, payable in the beginning of the term (4 terms per year) OR Term fee can be paid in monthly installments of R400/month over 12 months.

Shotokan Karate Federation-ABSA CHEQ 712089857

(please use STP+ student name & surname as reference)

Complete the enrolment form and return via email

karien.jacobsz@gmail.com

Please feel free to contact me at 0823790579

KARATE ST PAULUS -ENROLMENT FORM
SENSEI KARIEN JACOBSZ AS INTERNATIONAL SHOTOKAN KARATE
FEDERATION (KARIEN JACOBSZ KARATE SCHOOL)

PARENT / LEGAL GUARDIAN DETAIL

SURNAME. NAME

FATHER'S CELL NRMOTHER'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

GRADE AT SCHOOL.....

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.

(1) **Membership on a month to month basis-One (1) month notice with payment in advance to cancel membership**

(2) **Attending Class –Monday and/ or Wednesday 14:00 -14:50:**

Please indicate once or twice attendance per week below

- A training fee of **R930 per term** (4 terms per year), payable in advance at the beginning of each term, or a payment of R310 per month for 12 months of the year.
- A training fee of **R1200 per term** (4 terms per year), payable in advance at the beginning of each term, or a payment of R400 per month for 12 months of the year.
- An **annual registration fee of R280**, payable by 28 February each year.

All training fees are calculated pro-rata from date of joining.

Banking detail:

SHOTOKAN –ABSA CHEQ ACCOUNT 712089857

(please use STP +student name & surname as reference)

SIGNED AT.....THE.....DAY OF.....20.....

STUDENT / PARENT/ LEGAL GUARDIAN