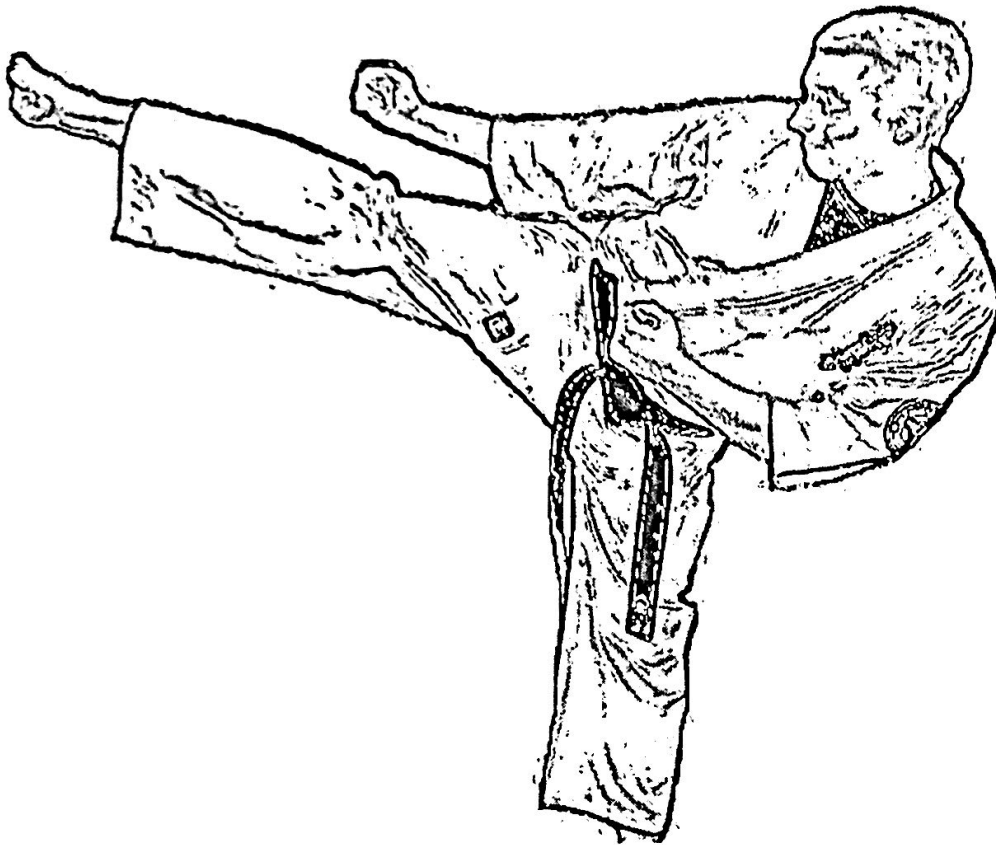


Central Catholic

Kyokushin Karate Club



Instructor:

Shihan Jarrod Brown (5th Dan)

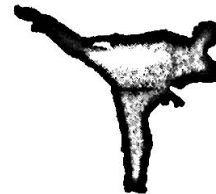
Contact Information:

Central Catholic High School
300 Hampshire Street
Lawrence, MA 01841
(978) 682 0260

jbrown@centralcatholic.net
WWW.CCHSKARATE.COM



CCHS KARATE



Mission: The CCHS Karate Club will enrich the lives of all students through the teachings of Kyokushin Karate and will educate each student in the virtues of discipline and humility. We will give each student the tools to see their value in this world by instilling the ideas of self-esteem and self-respect. Each student will be pushed to their physical limits, encouraging him or her to go beyond these limits and reach new levels. The CCHS Karate Club will expect each student to strive for perfection, while accepting individual achievements and limitations. All students of the CCHS Karate Club will learn to set goals and strive to attain them, helping them to overcome life's obstacles

Benefits:

- ✓ *Ability to defend yourself*
- ✓ *Improved concentration for better work and study habits*
- ✓ *Stress reduction and the ability to relax*
- ✓ *A positive attitude toward life through self-confidence and self-discipline*
- ✓ *Respect for yourself and those around you*
- ✓ *Motivation and an 'I Can Do It' attitude*
- ✓ *Improved reflexes and co-ordination*
- ✓ *Increased performance in all physical activities*
- ✓ *Increased flexibility and balance*
- ✓ *Cardiovascular workouts (heart and lungs) to keep you in top shape*

Fees (optional):

-An order form will be handed out before the start of the season so that students can order uniforms, belts, patches, t-shirts, sweatshirts, jackets, and fighting gear if they wish.

*Students will test for higher rank under the guidelines set forth by the Methuen Karate Association (The CCHS Karate Club's parent dojo). All information including a syllabus, which outlines all aspects of training, will be posted for students online. A small fee (\$25.00) will be associated with these tests to pay for new belts and certificates of completion.