

# **LEROY KARATE & SELF DEFENSE CENTER**

## **LITTLE DRAGONS CLASS**

**WHEN:** EVERY MONDAY

**TIME:** 6-7pm

**COST:** \$40.00/Month

**AGES:** 4-7 Years Old

**WHERE:** 66 Main Street, Le Roy NY (directly across street from McDonald's) in same building as Main Street Fitness

**PHONE:** 585-414-3181

**CONTACT:** FRED MERICA (7<sup>th</sup> Degree Black Belt)

**DESCRIPTION:** This class will help your child with Focus, Concentration, Respect, Self Control, and Self Discipline

**They will be learning:**

- How to prevent Bullying
- How to work with others
- Karate Games for Balance/ Speed/ Power/ and Control
- Basic Karate Moves
- What to do in dangerous situations
- Self Defense Techniques
- Exercises

**SIGN UP SPECIAL:\$99.00 One Time Fee Includes:**

- 1 Month Karate Lessons
- Karate Uniform
- Karate Patch
- Karate Headband
- Karate Ranking Manual
- Mouth Guard
- Lifetime Registration Fee