

ST. MARTINS IN THE FIELD

FALL MARTIAL ARTS PROGRAMS

TUESDAYS • SEPTEMBER 29 - NOVEMBER 3

Six-week enrichment programs designed to build skills, confidence and character.



PRESCHOOL & PRE-K
3:00 - 3:45 PM

A high-energy, progression-based introduction to martial arts in a safe, positive and nurturing environment.

Using fun Muscle Zoo characters, children learn age-appropriate karate skills while developing discipline, patience, confidence, focus and respect.

MOVING UP CEREMONY

On the final day, students demonstrate their skills, earn their belt and break a board to take home as a keepsake!

\$175 + \$20 SUPPLY FEE



KINDERGARTEN - 2ND GRADE
3:45 - 4:30 PM

An action-packed program designed specifically for elementary-age students, combining martial arts fundamentals with practical self-defense skills.

Progressive instruction, active drills and skill-based activities improve agility, coordination, balance and fitness while building discipline, confidence, focus, perseverance and self-control.

MOVING UP CEREMONY

On the final day, students demonstrate their skills, earn their belt and break a board to take home as a keepsake!

\$175 + \$20 SUPPLY FEE

SPACE IS LIMITED - RESERVE YOUR SPOT!

Two age-appropriate programs • Same Tuesday schedule • Positive, active instruction

DATES: SEPT. 29 • OCT. 6 • OCT. 13 • OCT. 20 • OCT. 27 • NOV. 3

Karate Zoo and KZ Martial Arts enrichment programs