



# CHAMPION YOUTH OUTREACH

2000



Self-Defense  
Classes for  
Children

**Self-Defense & Safety Awareness**  
[www.championyouthprograms.org](http://www.championyouthprograms.org)

Auto  
Defensa  
para niños

**Learn to defend yourself and how to avoid dangerous situations/confrontations!** Children are taught necessary skills needed today to identify and deal with strangers and bullies. This unique program combines safety awareness education with karate instruction in a fun structured environment. Other benefits include increased discipline, attention span, self-esteem & physical fitness! Parents always welcome to join!

Este programa esta diseñado para enseñar y darle a los jovenes disciplina, confianza y buen sentido de si mismo. El maestro de cinta negra ensena a principiantes, intermediantes y avanzados tecnicas de defensa propia. Se promueve disciplina y seguridad en lugar de agresion. Padres bienvenido a participar!

**Village of Minooka** - Tuesday Evenings  
121 McEvelly Road, Minooka. Enter through the double doors and class will be held in the community room.

**Village of Minooka** - Martes por la noches.  
121 McEvelly Road, Minooka. Entrar a través de las puertas dobles y la clase se llevará a cabo en la sala de la comunidad.

**Registration** is open the first 2 weeks of class. You can register and begin class on either **Tuesday, January 22 or 29**. Classes are held every TUESDAY through March 19 (9 classes if you begin the first day).

**Las inscripciones** seran los **Martes, el 22 o el 29 de Enero**. Las clases iniciaran el primer dia de las inscripciones (el 22 de Enero) y se llevaran acabo cada Martes hasta el 19 de Marzo (9 clases). No habra pre-inscripciones

**NEW TIMES!**

	<u>Register</u>	<u>Class</u>
New Students Ages 5 & Older /Parents:	5:30	5:45-6:25
All Yellow & Orange Belts /Parents:	6:15	6:30-7:10
All Purple Belts & Higher / Parents:	7:00	7:15-7:55

**¡NUEVO TIEMPO!**

	<u>Inscripcion</u>	<u>Clase</u>
Estudiantes nuevos edades 5 años y mayores:	5:30	5:45-6:25
Cinturones Amarillos y de Naranja /padres:	6:15	6:30-7:10
Cinturones Púrpura y mas avanzado.	7:00	7:15-7:55

**Prepay and save!** © \$7 per class if you prepay (\$71 includes \$8 registration fee), or \$8 if you pay weekly (plus a \$8 reg. fee paid once per course). Cash or checks w/ proper ID accepted. **There is a \$25 charge for returned checks** and your checks will no longer be honored. **A uniform (Gi)** is highly recommended for motivation and for freedom of movement. Uniforms are \$33.

\$8 por clase si paga semanalmente (mas \$8 cargo de registro), o \$71 si paga la cantidad completa por 9 clases. **Hay un cargo adicional de \$25 por cada cheque sin fondo.** Un Uniforme (Gi) es altamente recomendado para libertad de movimiento y motivacion! Uniformes \$33. Estudiantes pueden traer pantalones cortos, sudaderas, y una camisa.

**Attn Parents!** If you can beat class each week & would like a discount on lessons, call & ask about our "Parent Helper's Club".

This is not a school sponsored publication and is not endorsed by Minooka School Dist #201, Channahon School Dist #17, Nettle Creek CCSD or Troy School Dist #30C.

**Champion Youth Outreach 2000 • (847) 981-0576 • [www.championyouthprograms.org](http://www.championyouthprograms.org)**