



Train Karate at St. Benedict Prep



Shihan M. Bambouyani, one of the highest ranking and leading Masters in the World. He is Chief instructor of International Traditional Karate Association (ITKA), a Chicago based organization serving US and abroad 5 decades. We teach discipline, focus, respect, confidence, cooperation and fitness for a greater future.



Classes are being held on the following Fridays in the Church basement: 4/11, 4/25, 5/02, 5/16, 5/23, 5/30 Kindergarten to 5th grade from 3:15 – 4:20 PM fee is \$108.

Testimonial from Japan: "The more I stayed in Shihan Bambouyani's Dojo, the more I understood who Shihan Bambouyani was. He is a very good Master. He is the one who knows what Karate really is and can introduce Karate to the world." Master Futamata of Japan, 60 Years Leading Martial Arts Master

First class is introduction to Ibuki (breathing), Waza (karate techniques), kame (proper posture) and Dachi (stance), discipline with care. Second class we will add Kata (form) and Kumite (controlled sparring).

Parents are encouraged to visit. Make check payable to "St. Benedict Preparatory School," in the memo line, note "karate." Turn in registration form and payment at the Elementary school office. For more karate information, please contact International Traditional Karate Association. Headquarters: 773-283-8200. Shihan Bambouyani direct contact is 773 308 3528 www.itka-karate.com sensei@itka-karate.com

First and Last Name of Student	Address	City State	Zip
Homeroom Teacher Room #	Parent Name and	Emergency Phone	Email
Students Grade Age	Height	Weight	T-shirt size
Parent or Guardian's Name (please print)	Parent or Guardian's Signature		