

# After School Karate Session 1



After School Enrichment Program  
for Karate



## Rolling Hills Elementary 8 Classes per Session

This Program is designed to support your child's development in self-confidence, strong character, and self-discipline while learning self-defense through the use of the Martial Arts.

Additional program information at [www.manna.us](http://www.manna.us)

Please notify us if your child has any allergies due to classes being held outdoors.

To Register: You may register at: [www.temas.org/outreach](http://www.temas.org/outreach) or contact us at (858) 487-6470: TEMAS/MANNA'S

Dress: Students are required to have an approved uniform: ages 5 & 6 Little Dragons and ages 7 and up Dragons uniform. They will train on the grass with bare feet; tennis shoes are required if we are on dirt or asphalt.

[www.temas.org](http://www.temas.org)

A 501(c)(3) Non-Profit Corp. Since 1992

On Fridays

1:45 to 2:45 PM

Session 1

8 Class Dates:

October 6, 13, 20, 27

November 3, 17

December 1, 8

Dates are subject to change due to unexpected school closures.

First time participants receive a FREE Uniform, this session fee is \$160

Returning student with approved uniform, this session fee is \$160

Returning student and a new uniform, this session is \$200



Register at: [www.temas.org/outreach](http://www.temas.org/outreach)

Martial Arts (Karate) classes are being instructed and donated to TEMAS by Manna's Martial Arts



Manna's 38 years serving PUSD community



**Master Chris Brandt**  
Chief Instructor  
Dragon Director  
Enrichment Director



**Adam Hartsog**  
Certified 3rd Dan  
Instructor of Martial Arts

### After School Karate Program Makeup Lessons & Refunds:

If weather does not permit class to be held, a class will be added to the end of the session. There are no refunds for missed classes. Confirmation (and cancellations if necessary) will be e-mailed prior to classes starting. Makeup classes will be offered at Manna's Martial Arts, Carmel Mountain.