



Martial Arts Class

For Fitness and Self- Defense

Powered by Zoe Martial Arts

(916) 790 6036

Registration Form

Sensei Curtis Yee M.S P.T. has worked with the Stonelake HOA to offer these high quality classes at 40-50%* off comparable fees of retail schools. We have also added incentives to support families, such as, 20% off students of the same family.

About the instructor: Teacher Yee has been involved with the martial arts for most of his life mainly in *American Kenpo Karate, Tae Kwon Do, and Kung Fu and recently in Gracie Jiu Jitsu*

"I am pleased to share the strength, flexibility, power and grace of the martial arts with our youth, and to encourage a fit lifestyle for adults as well."



"Also being a licensed Physical Therapist for over 27 years, I have taught modified exercise programs from the competitive athlete to the injured patient and to the weekend warriors in between. **So whether you are in-shape or want to "get in-shape" Martial Arts can offer you**

Fun and Safe Total Body Fitness Program."

You may join at any time.



- Little Tiger Class for Grades K-3 Once a Week Tuesdays 5:30-6:15 p.m. (approx. 45 min class)
- Youth Dragon Class Grades 3-9th Twice a Week Tues/ Fri. 6:15-7:00 p.m. (approx. 45 min class)
- Women's Self Defense Class at the Lakeside Clubhouse Mon/ or Thurs 7--7:45 p.m.(by Appt)

Powered by Zoe Martial Arts and the Lakeside/Stonelake HOA
Attendance is intended for Lakeside/Stonelake residents. Guests must register with a resident

Fees:

Little Tiger Class \$49 Per month

Youth and Adults Class

Monthly Plan: \$69/ mo Regular monthly fee for one student.

Family Plan: Register one family member at the reg. rate and receive 20% off the lower rate for subsequent family members (same household)

*Based on an average of \$98/ mo. Karate school dues in the Elk Grove area. Survey March 2005

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Reasons to Join Martial Arts Class (Powered by Zoe Martial Arts)

1. Martial Arts is a great FITNESS PROGRAM.

Whether you are an adult or youth, the martial arts are a great form of exercise even for the beginner. **Many people use the Martial Arts to get in-shape.** Underlying all martial art maneuvers are aspects of Flexibility, Strength, Agility and Endurance. These key fundamentals are foundational to many other athletic sports including: Baseball, Basketball and Soccer.

2. Martial Arts is a practical form of SELF-DEFENSE

Many people enter the martial arts to learn Self Defense. The martial arts build self-confidence as defensive maneuvers are practiced and mastered.

3. The Martial Arts is an ART FORM

Like gymnastics or dance, when proper technique is combined with athleticism, even sparring and the combative forms of the martial arts can be acrobatically artistic.

4. Martial Arts is both an INDIVIDUAL SPORT and a TEAM SPORT

Martial Arts can be practiced individually in the privacy of your home, but the community of the school encourages support and friendship.

Zoe Martial Arts may be reached at (916) 790 6036 or by e-mail at:

zoeffitnesskarate@yahoo.com

“Self-Defense, Self Discipline”.

Please submit with your registration fee. Fees are on a monthly basis due before the 1st of each month. (Checks made payable to: “Curtis W. Yee” NOT the Assoc. or School)

Student Name: _____ Age _____ Phone: _____
 Uniform included in Registration fee Height _____ ft _____ in _____ wt

Address: _____ E-mail address: _____

Parents name _____

For Office Use Only: (Complete one form for each student or interest list.)

Check Plan	#Month	Reg. Rate	% Disc	Fees	Sub total
___ Youth/Adult/Women Months _____	1 mo	\$69	----	\$69	_____
	1 x/week	\$49	----	\$49	_____
___ Family Plan-Youth/Adult Primary Family Member Name _____	2 x / wk	\$69	20%	\$55.20	_____

___ Little Tigers Months _____	1 mo	\$49	----	\$49	_____
___ Family Plan-Little Tigers Ages 4-6 Primary Family Member Name _____		\$49	20%	\$39.20	

Notes: _____ Registration fee \$50

Date: _____ Initials: _____ Total _____