

**Beginning Traditional Uechi - Ryu Karate**  
**For Tweens & Teens/with an Adult**



**Mondays & Thursdays**  
**5:30 - 6:30 pm**

**For Information and Registration:**

**(916) 801-9735 or vandervolgenjr@yahoo.com**

**Goal of Karate is to develop a strong character by bringing harmony to the mind, body and spirit.**

**No Fee for the class, but a donation of \$20 a month to CGNA Foundation is suggested**

**Must be 12 yrs or older and be with an Adult**

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Adult: Last Name

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First Name

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Tween/Teen: Last Name

Age

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First Name

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e-mail

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Home Phone

Cell Phone

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Address

City

Zip

**McClaskey Adult Center**

**Thomas Jefferson Branch @ 2635 Chestnut Hill Drive**

**(916) 382-5939**