



CUMMINGS MARTIAL ARTS AFTER SCHOOL

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PROGRAM @ SES!

RESPECT - HONOR - BRAVERY - HEALTH

GREAT CONFIDENCE BUILDING CLASS FOR KIDS!

Cummings Martial Arts (formally Mike Carr Karate) has been the premier Triad studio for self-defense, kenpo karate and more for over 27 years. Our focus remains on each individual planning for and exceeding all of their expectations with professional, safe, caring and experienced instruction.

Our after school program is great for kids ages 4+. We teach self-defense, discipline, assertiveness, goal orientation, calmness, listening and concentration through Katas, techniques, blocks & more! Classes are fun and upbeat as well as challenging! All registered students that attend will receive a T-Shirt on your 1st day.

Participants must be a student at SES to register.

WHERE: SUMMERFIELD ELEMENTARY SCHOOL GYMNASIUM

WHEN: OCT 6 TH - NOV 10 TH - THURSDAYS 2:15PM - 3:00PM

6 WEEK PROGRAM - COST: \$99.00 PER STUDENT

REGISTER ONLINE: www.mikecarrkarate.com

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