

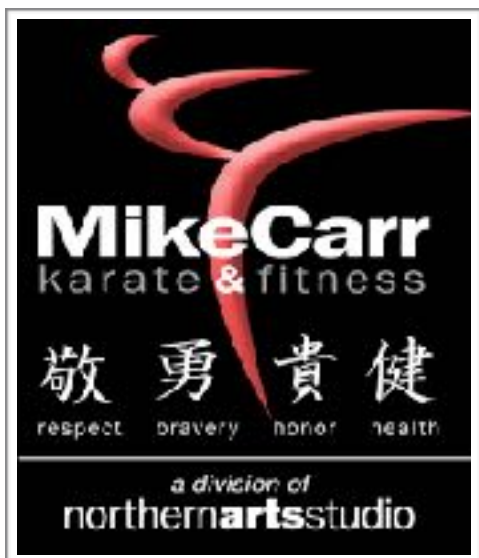


Mike Carr Karate has been the premier Triad studio for self defense, kenpo karate and more for over 20 years. Our focus remains on each individual planning for and exceeding all of their expectations with professional, safe, caring and experienced instruction. Jamie Cummings a seasoned black belt, teaches based on the four cornerstones upon which Mike Carr Karate was built; **respect, bravery, honor and health.**

Our after school program is great for Kids ages 3+. We teach self-defense, discipline, assertiveness, goal orientation, calmness, listening, and concentration through Katas, techniques, blocks and more. Classes are fun and upbeat as well as challenging. **Great confidence building class for kids!**



# Mike Carr Karate After-School Program



**WHERE:**  
Summerfield Elementary School Gymnasium

**WHEN:**  
October 12th - November 16th  
6 week program  
Thursdays 2:30pm - 3:30pm  
**COST: \$85.00**

Register online @ [www.mikecarrkarate.com](http://www.mikecarrkarate.com)