

Who can participate?

Westwood Middle School students in 6th, 7th and 8th grade are invited to attend.

Where does Martial Arts meet?

Students will meet in room 128. They need to be changed into their uniforms and in the classroom by 3:15. We will then head to the Westwood Middle School gym stage for class. (Winter – gym balcony).

When does Martial Arts meet?

Class is held weekly on **Thursdays** from 3:15-4:45pm.

**Is there a fee for the class?**

Martial Arts is a **FREE** class for students! The only cost is the purchase of a uniform. If a student has been asked to test for the next belt level, the cost for the board and belt is \$5, which is due at the time of the test.

Attendance

Martial Arts will be offered in 3 sessions - Fall, Winter and Spring - for qualified students. Students can register for one, two or all of the sessions.

Students are expected to attend all of the classes within each session.

Attendance will be taken at each class and students are expected to attend the entire class unless a parent/guardian sends a note requesting the student be excused early. Special arrangements can be made by contacting Ms. Reyes by email at mreyes@district16.org. or (x5427).

Because of state funding issues, students with two consecutive unexcused absences from Martial Arts will be dropped from the class until the next session of classes begins.

Behavior

All rules in the student handbook apply. Any student using karate moves on others outside of supervised class activities will permanently be removed from the class.

Session Dates

Fall: September 17 – December 3

No class 10/8, 10/15

Winter: December 10 – March 11

No class 1/28, 2/4

Spring: March 18 – June 3

How do I join Martial Arts?

1. Attend the information session
2. Complete the registration form
3. Return the registration form to Ms. Reyes or the Main Office at WMS.

MARTIAL ARTS REGISTRATION FORM

Student Name _____

Grade _____

Emergency Contact Information

Parent/Guardian Name(s):

Home phone: _____

Primary Contact: _____

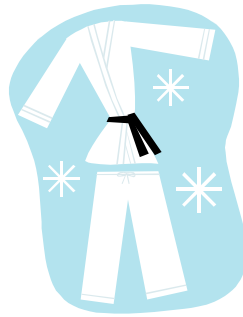
Work / Cell phone: _____

Secondary Contact: _____

Work / Cell phone: _____

Email: _____

Please detach and return to Ms. Reyes or the WMS Office.



How do I purchase a uniform?

Your child will be sized for a uniform at the first class. White uniforms can be purchased for a discounted rate of \$20 from Ms. Reyes. You may also purchase directly from Minnesota Karate Supply in Maplewood. If your child already has a white uniform, they may wear it for class. MN Karate Supply does not take checks, so please pay with cash or write your check out to Ms. Reyes and she will purchase the uniforms.

Other information:

- Students may bring a healthy snack to eat after school.
- It is recommended that students bring a water bottle.
- Long hair needs to be tied back.
- Students may take the activity bus home if they have made arrangements ahead of time.



Martial Arts with Ms. Reyes

This martial arts class is designed to enhance student self-esteem, confidence and discipline. Students will learn basic self-defense techniques in addition to karate kicks, blocks, and forms. We will also focus on relaxation techniques through Tai Chi.



Thursdays 3:15-4:45