

NORTHERN KARATE SCHOOLS

Personal Best Success System

6 Week Karate Lunch Program at Bayview Glen PS!

Course fee of \$50 (including HST) per child:

- 6-week course, one class per week (Wednesdays), beginning April 3, 2019.
- **ALL MONIES** (less HST) donated back to your child's school!

This is a great way to introduce your children to karate, non-contact skills, coupled with character development themes. Students develop a strong body and mind, as they perform educational and entertaining drills, learn essential skills and embrace personal best building blocks. Teamwork, problem solving, leadership, compassion, generosity, community service, goal planning, integrity, self-discipline, loyalty, respect, and non-physical, anti-bullying strategies.



A leader in Martial Arts and Personal Development training since 1972. NKS is GTA's #1 Martial Arts Organization. **REGISTER TODAY!**

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