

Samantha Smith Elementary Martial Arts Class
Wednesdays from 1:40-2:30 PM September 21st through December 7th

About the program:

This program is fitness-orientated with an emphasis on safety education. Students will learn how to get away safely if they are grabbed or attacked. It is a non-contact activity (no sparring). We do not tolerate our students being violent or practicing on others in class, at school, or at home. Discussions about bullying are provided.

Class Information:

- The session lasts 10 weeks starting on Wednesday Sept 21st through Wednesday Dec. 7th
- No class on days when school is not in session. Makeup classes available for weather-related closures.
- This is an introduction to Martial Arts, no experience is necessary.
- Prior students must re-register to be in class...space is limited. This Class is Beginning Level 1
- Uniform may be purchased for \$48.18 (not required until student tests) There are test fees listed on requirement sheets. Test fees and Uniform fees are to be paid to True Martial Arts (Check or Cash)

Benefits of the Program:

- Safety and bullying education--Great knowledge for GIRLS and boys to have.
- Learn about two different popular styles of Martial Arts and their respective cultures: Taekwondo from Korea and Arnis from the Philippines
- Learn about manners and treating others with respect Lessons about bullying
- Learn about self-discipline and goal setting and how they relate
- Physical fitness- martial arts is great exercise!
- FUN, FUN, FUN!

About the teacher:

Lynne Banki is a 1st Degree Black Belt in Taekwondo and Arnis with 18 years of Martial Arts experience. She is a Senior Instructor at True Martial Arts, as well as the Program director for TMA's Special Need Program (SNAP) for students of all ages and abilities. TMA owners Laurel and Skyler Zoppi were honored with a Sammi Award. The Sammi Awards of Distinction is a community event that celebrates and honors those who make unselfish contributions, and inspire others to the quality of life in Sammamish. Skyler and Laurel were proud winners in the business category as owners and managers of a Sammamish enterprise who generously uses their business resources to help support community causes. True Martial Arts has been in Sammamish Elementary Schools for over 20 years with this program.

To Register: (DUE BY Sept 13th)

PLEASE MAIL THE REGISTRATION to Lynne Banki, 2629 262nd Pl SE, Sammamish 98073

- Fill out the registration form below. Current Students must Re-Register to secure a spot!!
- Checks written to Lynne Banki for \$ 153.30 (includes tax) for 10 week session. Classes fill up fast!!
- Class size is limited, so registration will be accepted first come, first serve.

Samantha Smith Martial Arts Class Registration Form

Student Name _____ Age _____

Grade _____ Teacher _____

Parent/Guardian's name _____ Contact Phone _____

Parent/Guardian's name _____ Contact Phone _____

***Family Contact Email _____

Check One: The student will walk home _____ Parent will pick up _____ Will go to Boys & Girls Club _____

I have read and understood the above, and have voluntarily chosen to assume any risks involved with my child's participation in Martial Arts Classes.

Parent / Guardian Signature

Date