

# Kyle's Karate

## Enrichment at Bethesda Country Day School

Kyle's Karate is a children's martial arts program that combines exciting instruction with practical, effective techniques. Teaching kicks, punches, stances and blocks, Kyle's Karate will develop your child's coordination and concentration. Your child will learn about Stranger-Danger and how to stop bullies. Discipline and respect are an integral part of this class. All techniques are practiced on safe equipment held by the instructor. Your child will gain confidence in themselves and their ability to succeed while earning merit awards in class. Our end of the year belt test gives students a chance to earn a new belt and show off their moves.

### **Fall Session 2024**

Wednesdays Mornings (PreK & K) | \$308 (11 meetings)

9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20

Free Demo: 9/4

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Monday Afternoons (MCPS Schoolagers Only) | \$280 (10 meetings)

9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18, 11/25

Free Demo: 9/9



[Kyleskarate.com/register/bcdis](https://kyleskarate.com/register/bcdis)

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