

What's a GREAT way to spend your Friday afternoons ~ Come join us at

“Inside Out Karate “ . . .

We are at a brand new location – Dieringer Heights Elementary School. We will teach the basics of Shorinyu karate through fun drills and physical activities. We will emphasize when and where it is appropriate to use their martial arts skills, while stressing the two most important aspects of their training – Discipline and Respect.

The next session starts November 6th through January 8th. The cost is \$175.00. New students will receive a t-shirt.

The school bus will bring your child from Lake Tapps to Dieringer Heights. There will be no bus at the end of karate class and you must pick up at 2:50 p.m.

Please mail your registration and payment to: Sensei Ron Howick 21114 Snag Island Dr. E. Lake Tapps, WA 98391. Checks should be made payable to “Inside Out Karate”. You may pay by credit card over the phone. Class size is limited. If you have any questions, please call at (253) 862-6586.

Registration form:

(Student's name)

(Parent(s) Name)

Address: _____

Home phone: _____ Emergency phone: _____

School : LTES or DHES

Teacher's Name: _____ Grade: _____

Any physical limitations or issues we should know about:

This activity is NOT sponsored by the Dieringer School District. *Inside Out Karate* is a separate and distinct business entity. For more information go to www.insideoutkarate.com, or call us at (253) 862-6586.