



G.E.S. Martial Arts Focus & Fitness Club
2011-2012 2nd Session Registration Form



Sponsor/Facilitator: Mrs. Kristie Horn

Welcome to the THIRD year/THIRD Session of the GES FOCUS and FITNESS

Martial Arts Club. This next session will begin on Wednesday, March 14, 2012 and will end on Wed., May 16th, 2012. The Martial Arts class will continue to meet on Wednesday mornings before school hours from **7:50 a.m. to 8:20 a.m.** in the GES gymnasium. For those considering joining this exciting club, PLEASE take some time to learn about the benefits of Martial Arts. For those returning...**Welcome Back!** Please fill out and return the registration form that is attached below and a current liability form. Instructor Wilson will have more exciting defense moves, character building activities, and choreographed Martial Arts routines in store.
BENEFITS OF MARTIAL ARTS...

Research has shown that children who participate in forms of "Martial Arts" are more confident, have better self-control, and concentrate better in school. It also helps to improve self-esteem & teaches self-discipline. Pediatricians have also "prescribed" martial arts for children who require a high-energy activity to help channel aggression. *Focus, Fitness, and Fun* will be our three main goals. Each week, the **Black Belt Instructor** will focus on "Character Development Traits" as well as teaching your child a variety of Martial Arts techniques. Your child will be learning valuable life skills as well as getting "Fit". Can you think of a better way to start their day?

If your child (Children) is/are interested in enrolling feel free to print off the registration form from this Martial Arts Club link and return it to Mrs. Kristie Horn. If you have any questions or concerns you may also contact Mrs. Kristie Horn via email at Kristie_Horn@gwinnett.k12.ga.us. We do offer a sibling discount. ***\$5.00 off per child's tuition.** Thank you!

ABOUT INSTRUCTOR WILSON...

Instructor Wilson started with Hap Ki Do 13 years ago. He is a Black Belt in 2 styles of Martial Arts... **2nd Degree Black Belt in Hap Ki Do**, and **1st Degree Black Belt in Tea Kwon Do**. He has been teaching for 9 years. He was an Martial Arts Instructor in Wilmington NC, Duluth GA, and currently is the Leadership Coordinator and Chief Instructor at Choe's Hap Ki Do in Grayson GA. He holds a Silver Medal (Second Place) from the 2007 NC State Sparring Championship and is a Certified Instructor in Hap Ki Do, Yoga, Tai Chi, Qi Gong, Tea Kwon do, He has trained directly under World Renowned Grandmaster Choe. He has taught at many of the local daycares and churches, as well as teaching at Choe's. Therefore, he has plenty of experience teaching young children. Mrs. Horn's own children (all 3) have benefitted tremendously from being students of Instructor Wilson and can share from personal experience of how Martial Arts has positively impacted her children's development and confidence level.



NEW PAYMENT PROCEDURE FOR THIS CLUB!!!!
PLEASE pay online: WWW.MEALPAYPLUS.COM
Tuition \$75.00 for 9 weeks of Martial Arts Instruction

*Registration form and tuition payment is due by:

WEDNESDAY, March 14, 2012 (This is the first class of Session 4)

Please note: **Session 3 will end on Wednesday, March 7th, 2012.**

*****There will be a Special Demonstration for the parents on March 7th.*****

*Please send in this Registration & Liability Form in a sealed envelope, to Mrs. Kristie Horn (Gifted Program Teacher and M.A. Club Sponsor) by way of your child or your child's teacher.

Student Name: _____ Grade: _____ Homeroom Teacher: _____

Parent/Guardian Name: _____

Phone #: _____ Email Address: _____

Cell #: _____

Emergency Contact: _____ Phone #: _____