

REGISTER HERE!

Participant's Name: _____

DOB/Age: _____

Address: _____

City, State, Zip: _____

*All communications will be sent to the contact person below.

Contact Person: _____

D/O/B: _____

Email: _____

Phone: _____

Address: _____

Cite, State, Zip: _____

Emergency Contact: _____

Month _____

Age 5-12

Age 13 & up

I understand and agree that neither the Harrison Family YMCA nor co-sponsoring organizations or their respective chapters, officers, directors, employees, agents, members or volunteers shall assume or have any responsibility or liability for expenses or medical treatment or form compensation for any injury I or my child/ward may suffer during or resulting from my or my child's/ward's participation in this program. I do hereby, for myself, my heirs, executors and administrators, waive, release and forever discharge any and all rights and claims for damages that I may have or that may hereafter accrue to me arising out of or in any way connected with my or my child's/ward's participation in this program. I also represent and warrant that I have been advised to seek consultation from my doctor about whether I or my child/ward can safely participate in this program and whether there are precautions or limitations to my or my child's/ward's participation.

Participant Signature

(Parent/Guardian Signature if participant is under 18)

Date _____

Harrison Family YMCA
1000 Independence Drive
Rocky Mount, NC 27804
252-972-9622
www.harrisonfamilyY.org



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

INSTILLING CONFIDENCE

Karate
GOJU SHORIN

HARRISON FAMILY YMCA



KARATE GOJU SHORIN

Goju Shorin is a year round Karate program , founded in North Carolina. This program is designed to teach participants self-defense through confidence building. Goju Shorin is designed to teach discipline, instill confidence and increase body strength with a focus on core muscles and balance. Not only will participants gain better discipline and focus, they will also support a healthy, active lifestyle.

ABOUT YOUR INSTRUCTOR JOE DIXON

Joe Dixon has an extensive background in Martial Arts. He holds a 3rd degree black belt in Karate, extensive training in Tae Kwan Do, Judo and Isshin Ryu. Drawing on his background, Sensei Joe Dixon teaches techniques and maneuvers designed to enhance discipline and self-confidence.

SESSION DATES

Session 1	August 1-31
Session 2	September 1-30
Session 3	October 3-31
Session 4	November 1-30 (no class 21-25) *pro-rated month
Session 5	December 1-31 (no class 19-26) *pro-rated month
Session 6	January 2-31
Session 7	February 1-28
Session 8	March 1-31
Session 9	April 3-28 (no class 17-21) *pro-rated month
Session 10	May 1-31
Session 11	June 1-30
Session 12	July 3-31 (no class July 4th week) *pro-rated month

CLASS TIMES:

Ages 5-12

Mondays 5-6pm
Thursdays 5-6pm

Ages 13 & up

Mondays 6:15-7:15pm
Thursdays 6:15-7:15pm

UNIFORM & BELT PROGRESSIONS

5 Belt System:

Uniform & White Belt: Earned when participant can demonstrate the Four Basic Principles

- Yellow Belt– Green Tips
- Green Belt– Brown Tips
- Brown Belt– Black Tips
- Black Belt– Degrees

BELT TESTING

Testing dates are determined on the class and each individual participant's progressions within the class. There is no testing fee for this program. Required belt testing skills available upon request.

KARATE CLASS GUIDELINES:

- **MANDATORY**– Parent/Guardian Sign In/Sign Out required.
- To ensure the appropriate number of instructors, **registration is due by the 25th of the month prior to the session.**
- Enter & Exit through Front Lobby. Plan to arrive and pick up your child on time.
- **ONLY** participants and coaches are allowed on Karate Mats.
- All observers must remain in observation area.
- No food, drink, or gum allowed in class.
- Proper Karate attire: Comfortable shorts/ pants & tee shirt or Karate Uniform.
- Socks or bare feet only...No shoes. Long Hair should be tied back.
- Sparring Gear Recommended: Headgear, mouthpiece, shin guards and gloves.
- Uniform is available for order through the Y at an additional cost. Please see additional order form to place your order.

MONTHLY FEES

\$45/YMCA Members

\$55/Non-Members

DAILY DROP-IN RATES

\$7/YMCA Members

\$9/Non-Members

WAYS TO REGISTER

At the Harrison Family YMCA

Online at www.harrisonfamilyy.org

By Mail– Send form & payment to:

Harrison Family YMCA

Attn: Sports

PO Box 4063

Rocky Mount, NC 27803

HERE FOR EVERYONE

Financial Assistance Program:

Financial Assistance is available to those who apply and qualify. Annual Support Campaign Funds are raised each year to help provide this program to the community. Please ask for a confidential financial assistance form at the front desk, if needed.

Refund Policy: If the class is cancelled by the YMCA, a 100% refund will be processed. In the case of cancellation by the participant, 15% of the program fee will be non-refundable.

