

After School Karate Session 1

Rolling Hills Elementary

On Fridays

12:50 PM

Session 1

8 Class Dates:

September 27

October 4, 11, 18, 25

November 1, 8, 15

Dates are subject to change due to unexpected school closures.



FREE UNIFORM SPECIAL
First Time Sign-Up or Sign up for 3 Sessions Save \$40



www.temas.org
A 501(c)(3) Non-Profit Corp. Since 1992
30 years serving PUSD community



Master Chris Brandt
Chief Instructor
Dragon Director
Enrichment Director



Grandmaster Manna
TEMAS Founder
Manna's Martial Arts Founder

Our Program is designed to develop your child's self-confidence, become coachable, improve character, self-discipline, and fitness while learning self-defense skills.

Additional program information at www.manna.us
Please notify us if your child has any allergies due to classes being held outdoors.

To Register: You may register at: www.temas.org/outreach or complete the this Registration and mail with a check to: TEMAS

Dress: Students are required to have an approved uniform: ages 5 & 6 Little Dragons and ages 7 and up Dragons uniform. They will train on the grass with bare feet; tennis shoes are required if we are on dirt or asphalt.

Makeup Lessons & Refunds: If weather does not permit class to be held, a class will be added to the end of the session. There are no refunds for missed classes. Confirmation (and cancellations if necessary) will be e-mailed prior to classes starting. Makeup classes will be offered at Manna's Martial Arts, Carmel Mountain.

TEMAS 12285B World Trade Drive, San Diego CA 92128 (858) 487-6470 www.temas.org/outreach

After School Karate Session 1



You may register at: www.temas.org/outreach (Email required for confirmations or cancellation)

Rolling Hills Elementary School Session 1 (Dates Above)

Student's Name _____
Parent's Name _____
Parent's Phone _____
Email address _____
Mailing address _____

Birth date ____/____/____ Grade ____
Uniform Size Height ____ Weight ____
Clothing size _____

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Do you have a TEMAS/Manna's approved uniform? Yes ____ No ____

- My child will attend ESS.
 My child will be picked up by _____
 My child will walk home.

My child has outdoor allergies: _____

By signing below, I indicate that I have read and agree by participating in Martial Arts that my child may risk bodily injury and knowingly and freely assume all risk for my child. I release and hold harmless and nor hold legally responsible the PUSD, TEMAS or MANNA'S with respect to any injury except that which results from negligence or willful misconduct. I have made my child aware of the safety rules of the school and give my permission for him/her to participate in this Enrichment Program.

Parent Signature _____

Date ____/____/____

THE EDUCATIONAL MARTIAL ARTS SYSTEM, INC. (TEMAS)
12285B World Trade Drive, San Diego CA 92128 (858) 487-6470

	Have Uniform	& Uniform	All Three(3) Sessions
Registration fee	\$ 120	\$ 120	\$ 360
Uniform	Have One or First Time	\$ 40	FREE
Total:	\$ 120	\$ 160	\$ 360

Amount enclosed: _____

You may register at: www.temas.org/outreach