

After School Karate Session 1

**Highland Ranch
Elementary
On Thursdays
1:45 PM
Session 1
8 Class Dates:
September 26
October 3, 10, 17, 24
November 7, 14, 21**

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)

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

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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

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

My child has outdoor allergies: _____

	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