

# After School Karate Session 1

**Monterey Ridge  
Elementary  
On Thursdays  
3:20 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](http://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](http://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](http://www.temas.org/outreach)

# After School Karate Session 1



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

**Monterey Ridge 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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- 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	<b>FREE</b>
Total:	\$ 120	\$ 160	\$ 360

Amount enclosed: \_\_\_\_\_

You may register at: [www.temas.org/outreach](http://www.temas.org/outreach)