



Photo Release

I, the undersigned, give the Arc of Greater Plymouth organizers my permission to use a photograph of me/my ward's likeness in television, radio, film, newspaper, magazines and any other media in connection with the Respite/ Family Support Program.

This release will expire in one year.

Signature

Date

Liability Waiver

I agree to assume all responsibility for all risk, damage or injury that may occur to me as a participant in this activity/ event. In consideration for being accepted as a participant, I hereby for myself, my heirs, executors and administrators, release and discharge The Arc of Greater Plymouth, the sponsors associated with this event, the staff, and volunteers from all claims, damages, rights of action, present and future, whether the same be known, anticipated or unanticipated, resulting from or arising out of, or in incident to, my participation in this event. I grant permission to be medically treated and receive emergency services at a local hospital. I also grant permission for the use of my name, picture, and or videotape in any broadcast, photograph or other account of this event.

Signature of Parent or Guardian

52 Armstrong Road
Plymouth, MA 02360



Karate Lessons



Tuesdays

Nov 22, 2016 — Jan 24, 2017

Ages 14 & up

Purple belts & above

14 students maximum

Tuesdays 4:30 pm– 5:15 pm

Ages 14 & up

ALL Rank

14 students maximum

Tuesdays 5:15 pm–6:00 pm

Fridays

Dec 2, 2016 -Feb 10, 2017

Ages 5-13

12 students maximum

3:45 pm–4:30 pm

Karate Lessons



Sensei Mike Murphy, the martial arts instructor has been studying martial arts for over 25 years. He holds the rank of 4th degree Black Belt in the art of Shaolin Kenpo Karate and JuJitsu. He opened his first school in Randolph, MA in 1997. The schools moto is if you can dream it, believe in it , then you can achieve it ! Martial Arts is for EVERYONE ! The classes help develop focus, self-control, balance, coordination and self- esteem just to name a few. His teaching style uses positive reinforcement , patience and guidance to get the student to their goal. Sensei Mike has worked with all types of students throughout his teaching. His school specializing in teaching students who have special needs and ADHD . His classes are tailored to the students individual needs. In 2009 Sensei Mike was inducted into the World Martial Arts Hall of Fame as their Youth instructor of the year.

Smilin Mike's Dojo of Champions is located at 739 State Road in Plymouth (Mayflower Plaza above Aroma restaurant). The school will be equipped with all new equipment, 1 inch thick MMA padded floors, kicking bag and much more. Parents we didn't forget about you either, our lobby will have viewing windows, flat screen tv with cable and a water cooler. Our program is open to students with disabilities and their siblings / peers within the age range.

10 Week Karate Schedule

Tuesdays:

Ages 14 & up
Purple belts & above
14 students maximum
Tuesdays
4:30 pm– 5:15 pm

Ages 14 & up
ALL Rank
14 students maximum
Tuesdays
5:15 pm–6:00 pm

Fridays:

Ages 5-13
12 students maximum
3:45 pm–4:30 pm

Please Send Registration and Fee to:

The Arc of Greater Plymouth
52 Armstrong Road
Plymouth, MA 02360
Attn: Karate

Name: _____ Age: _____

Parent/Guardian: _____

Phone: _____

Email: _____

Address: _____

Please Circle Which Class/Program(s):

10 week Karate classes starting :
Tuesdays 11/22–1/24

Fridays 12/2– 2/10

Fridays 5–13 yr old \$115.00
Amount Enclosed _____

Tuesdays 14yr & up Purple Belt and Above \$115.00
Amt Enclosed _____

Tuesdays 14 yr & up ALL Rank \$115.00
Amt enclosed _____

Please Sign Photo Release & Liability Waiver

Please Contact:

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carir@thearcofpg.org