

# Have Fun and Learn Karate Right AT Your School

A great way for your child to learn new skills, have fun, and gain self confidence.

The Personal Best “Confidence Course” will teach your child

- Fun and exciting martial arts movements
- How to stand tall and feel more self-confident
- The importance of having self-control
- Learn self respect and show it to others
- The 3 steps used to deal with bullying behavior

**Focus. Fitness. Fun!**

**Open to all LaLiberte students! Classes start at 3:30pm and are 30 minutes long:**

April 25, May 2, May 9, & May 16.

100% of the fee paid will go directly to LaLiberte Elementary School.



**ENROLLMENT IS LIMITED. THE FEE FOR THE 4 WEEK PROGRAM IS \$40.**

Not Affiliated With Bridgewater-Raynham Regional School District.

This program is for all **LaLiberte** students! Materials and instructors required to run the program are provided by Personal Best Karate as part of their commitment to helping local children.

Name \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Grade \_\_\_\_\_ Teacher \_\_\_\_\_

A great way for your child to learn new skills, have fun, but also gain confidence and self-respect!  
PLEASE RETURN SIGN-UP SHEET BY APRIL 23. Limited spaces available, student MUST be registered.



**PERSONAL BEST  
KARATE®**