



NBGC SPRING 2023 CO-REC KARATE

2501 W Irving Park Road

www.nbgc.org

(773)-463-4161

REGISTRATION

When: Registration open through **February 9th, 2023.**

How: Register online at nbgc.org/athletic-programs

Who: Boys & Girls age 8-18. Participation is capped at 25 students.

Cost: \$60 (uniform will be purchased separately)
(please note any additional costs on page 2)
(financial assistance available upon request)

CLASS SCHEDULE

Start Date: Tuesday, February 21st, 2023

End Date: Thursday, June 1st, 2023

Tuesdays & Thursdays

6PM - 7PM

CLASS INFORMATION

- Participants will learn traditional GoJu Ryu Karate-Do.
- Classes will be taught by Sensei Bob Muralles, 5th Dan Black Belt, Midwest Circuit Champion, M.A.K.A. Champion, Power Nationals Champion, London, Can-Am Police and Fire Games champion.
- Kata will be focused in the Karate Program. Kata helps refine techniques and improve body mechanics associated with the execution of techniques.
- All class curriculum will be from instructor's Hombu Dojo "Jun Ko Kan" Phoenix, Arizona.
- Uniform purchase/sizing day will take place on **Tuesday, February 14th from 6PM - 7PM at the NBGC Clubhouse.** See page 2 for pricing and payment details. More details will be sent out at the end of the registration period.
- Note that all returning participants must re-register for Fall & Spring sessions.

COVID-19 PROCEDURES AND PRECAUTIONS

- All equipment, high touch surfaces, and facilities will be cleaned according to IDPH guidelines.
- Additional FAQs on 2nd page.



Frequently Asked Questions

What should my child bring to the classes? Students should come to classes with a labeled water bottle. Uniforms will be available for purchase from the instructor at the uniform purchase day.

What can I expect from an NBGC karate class? Each class will be one hour long. Classes will be taught by Sensei Bob Muralles, 5th Dan Black Belt. Midwest Circuit Champion, Pro-Am Champion, M.A.K.A. Champion, and Power Nationals Champion, London.

Can I stick around and watch my child? Spectators may watch the sessions. Please silence all phones during a session and refrain from recording, as it can be distracting to students and instructors.

How do I register for a program? Registration form and information flyer can be located on the NBGC website at nbgc.org/athletic-programs. Forms must be completed online.

How will program changes be communicated? Any changes in programming will be communicated to the email addresses listed on the registration form.

What are your Covid-19 quarantine and isolation procedures?

CLOSE CONTACT	
Vaccinated	Unvaccinated
May continue in programming as long as no COVID-19 symptoms appear.	Cannot participate in programming for 5 days and should be tested on day 6.

POSITIVE TEST	
Symptomatic	Asymptomatic
May return to programming on day 6. Day 0 is the date the positive test is taken or the day symptoms appear, whichever comes second. Must also be fever-free for 24 hours. A mask must be worn until day 11.	Cannot participate in programming until day 6. Day 0 is the date the positive test was taken. A mask must be worn until day 11.

What happens if I am late/early to drop-off/pick-up? Classes end at 7:00PM, please pick up your child promptly.

When will face masks be required? Face masks are optional but encouraged.

What additional costs should I take note of?

View tables below. Refunds are not available for the costs listed below. Any applicable costs should be paid in cash directly to the Sensei by the announced date. No checks, please. Promotion costs will not apply if class requirements are not met by participant.

FIRST-TIME STUDENT	
Beginning of Session	End of Session (promotion only if applicable)
<u>\$25 to cover:</u> Uniform cost	<u>\$25 to cover:</u> New Black Gi top New belt Promotion certificate & frame

RETURNING STUDENT	
Beginning of Session	End of Session (promotion only if applicable)
None	<u>\$15 to cover:</u> New belt Promotion certificate & frame