

The Sin Thé Karate School Presents

Shaolin Kids



We would like to tell you about our newest class, *Shaolin Kids*, for ages 5-12. The Shaolin Kids class will meet on Saturdays from 12:00 PM to 1:00 PM. We are very excited to have Barb Elzey as the instructor. Barb is a 3rd Degree Black Belt with 26 years of experience in Shaolin-Do and 25 years in teaching public school and post-secondary school. While in Giessen, Germany, she conducted Shaolin Kids classes for her 4th and 5th grade students, as well as their siblings, and she has conducted numerous summer programs for kids over the years.

The Goals of the Shaolin Kids' class are:

1. To have fun!
2. Give the child a strong foundation in martial arts basics (kicks, punching and stances).
3. Teach life skills like discipline, loyalty, and dedication.
4. Begin working on flexibility that will be a reward for years to come.
5. Develop a love for exercise and fitness.
6. Each child advances at his/her own pace, without pressure.



Your child will receive personalized attention while learning the ancient art of Shaolin-Do. Call us at (859) 275-2148 to reserve your spot in this class, to sign up, or to answer any questions you may have.