



# Hualapai Elderly Center/Services

## KENPO KARATE

**INSTRUCTED  
BY:  
SENSEI JESS  
SIXKILLER JR.**



### Introduction to Kenpo Karate for our participants:

ages 55 years and up.  
*No experience needed...*

Discover amazing techniques for:

Self-Defense  
Get Exercise  
Have Fun

### Sessions Include:

Stretching, Moderate Exercise & Learning Self-Defense, Everything is Base on **You** as an Individual, and no uniforms required (wear clothes that are comfortable to work out in).

***Just need to fill out a Wavier of Liability and Registration Form***

Twelve sessions held twice a week on Tuesday's and Thursday's for one hour. **No Cost.**

### Location:

Hualapai Elderly Center  
587 Canyon View Drive  
Peach Springs, Arizona 86434

### Time:

9:30 AM to 10:30 AM

### Dates:

Session 1: July 5, 2022  
Session 2: July 7, 2022  
Session 3: July 12, 2022  
Session 4: July 14, 2022  
Session 5: July 19, 2022  
Session 6: July 21, 2022  
Session 7: July 26, 2022  
Session 8: July 28, 2022  
Session 9: August 2, 2022  
Session 10: August 4, 2022  
Session 11: August 9, 2022  
Session 12: August 11, 2022

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## REGISTRATION FORM FOR THE KENPO KARATE



To apply for membership please complete all questions.

Full Name:

E-Mail:

Address:

Phone Numbers:

Are you going to need transportation: YES  NO

Emergency Contact :

First Name:

Last Name:

Deadline is on July 1, 2022  
Turn into The Elderly Center

Staff member receiving form:  
(Print Name)

Date:

