Hualapai Elderly Center/Services

KENPO KARATE

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

INSTRUCTED BY:
SENSEI JESS SIKKILEN JR.

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 Waiver 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
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: ____________________________

Sixkiller's
House of Kenpo Karate