



Invitation To Buddy Day

You are invited to participate in “Buddy Day” at

Pak's Karate Academy

During “Buddy Day”, you will attend Karate Lessons with your friend who is already in our class. You will work out with your friend and learn some basic Martial Arts techniques

CLOTHING REQUIREMENTS:

Wear loose fitting clothing such as sweat pants or shorts and a T-Shirt.

LADIES: DO NOT WEAR SKIRTS OR DRESSES!!

This invitation was presented to you courtesy of:

Student Name: _____



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Student Name: _____

Day of Event: _____

Time of Event: Attend class with the person who gave you the invitation.

IMPORTANT: You must attend class with the presenter of this invitation!!! You may not attend classes during “Buddy Week” alone!!!

Activities include:

Learning basic blocking

Learning basic kicking

Learning balance drills

Karate Games

!!! Attention Parents: !!!

Please fill out and sign the permission slip on the back of this page and have your child bring it on “Buddy Day”. Your child may not participate in the class activities without this permission slip.

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!!! Attention Parents: !!!

Please fill out and sign the permission slip on the back of this page and have your child bring it on “Buddy Week”. Your child may not participate in the class activities without this permission slip.

Permission Slip

My son/daughter:

(name) _____
has my permission to attend and participate in the Pak's Karate Academy "Buddy Day" program. I agree to indemnify, save and hold harmless Pak's Karate Academy, its instructors, staff, and any helpers from any and all claims which may arise as a result of this event.

Signature of parent/guardian: _____

Date: _____ Emer. Phone #: _____

Please Print the following information so that we can send you a thank you letter and a special coupon.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

PAK'S KARATE ACADEMY



Buddy Day

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PAK'S KARATE ACADEMY



Buddy Day