



World Class Karate  
ワールドクラス空手

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**Summer Camp Karate Package – Vaughan Location**



# 10 Reasons Traditional Karate Benefits Kids

In a culture that seems to glorify violence in everything from music to video games and television shows, the idea of enrolling your child in martial arts training classes doesn't always seem like a good one. While martial arts-centered action films seem to be filled to the brim with violent behavior and gory injuries, you may be surprised to learn that martial arts' training is actually very beneficial to kids. Like so many other things that Hollywood doesn't always get right, martial arts isn't quite the brutal, vicious pastime that it seems. In fact, these are 10 of the reasons why you may want to consider Traditional Karate training for your kids.



1. **Fostering Self-Discipline** – One of the central tenets of Traditional Karate training is an absolute focus on self-discipline. Today's kids are so accustomed to receiving instant gratification that lessons in self-restraint and discipline aren't always easy to come by. Kids with a martial arts background, however, are continually reminded of how essential self-discipline is.
2. **Boosting Socialization Skills** – Kids who don't always thrive in highly social environments may find it easier to get to know people and make new friends when they're in a room filled with peers who share a common interest. The kids on the playground may not always have much common ground, but devotees to the martial arts are able to get to know one another through shared pursuits. Partner-driven drills in Traditional Karate can also foster camaraderie, as they force kids to pair off and build their skills together.
3. **Encouraging Physical Activity** – Limiting screen time is a great idea when it comes to getting kids off the couch and encouraging them to be more active, but it only goes so far. Enrolling an inactive child in such a physically demanding pastime not only discourages the sedentary lifestyle they are used to, but also gives them an enjoyable activity that inspires them to keep moving.
4. **Learning to Set and Achieve Goals** – Traditional Karate is based around an accomplishment system of colored belts that signify the wearer's degree of skill. When your child strives toward each new belt, he/she is learning valuable lessons about setting and reaching his goals.
5. **Increased Self-Esteem** – Confidence comes with achievement, so your child's self-esteem level will get a boost with every new move he/she masters and every belt earned. Kids who struggle with a low sense of self-worth usually become more confident as time progresses while they're enrolled in a martial arts class.
6. **Instilling a Sense of Respect** – Learning any martial arts style will require your child to show his/her instructor unflinching respect. Today's kid culture doesn't always include respect for authority, adults or those in advanced positions. When they go to their karate class though, children learn lessons in respect along with new moves.
7. **Encouraging Non-Violent Conflict Resolution** – Thinking that martial arts instruction promotes violent behavior is justified if your only experience with the activity comes from television or movies. In fact, Traditional Karate teaches kids peaceful, non-violent conflict resolution skills and emphasizes the importance of avoiding a physical altercation.
8. **Improving Listening Skills** – In order to master the skills they're being taught and advance through the belt ranks, your child will have to exercise superior listening skills. Kids who aren't always adept when it comes to paying attention to what they're told can benefit from the verbal instruction and one-on-one work in their dojo.
9. **Developing Teamwork Skills** – Whether they're breaking boards to get a new belt or sparring in a practice setting to master a new maneuver, there are few things that children do in their Traditional Karate classes that will be done on their own. Working together to learn new things and accomplish goals is an important life lesson for kids to learn, and instruction in the martial arts can help your child learn that lesson.
10. **Improvement in Other Areas of Life** – The benefits of Traditional Karate training don't end in the dojo. The boost in confidence, increased fitness level and new cooperation skills will also help your child navigate the academic and social aspects of school, affect their behavior at home and have an all-around good influence on them as they develop into adults.



### **Instructor Ray Tio, 5<sup>th</sup> Degree Black Belt (Japan Karate Association)**

- Owner/Operator/ Head Instructor of **World Class Karate** dojo's located in Mississauga, Vaughan, Brampton, and Calgary
- Full-Time Karate and Ladies Kickboxing/Self-Defense Instructor certified by the JKA (Japan Karate Association)
- Karate Ambassador for Karate Kids Canada, which provides karate lessons during lunch periods to elementary schools across the GTA
- Has been training Karate for over 30 years, started at the age of 8
- Has been teaching Karate to people of all ages for the last 25 years
- 2014 Silver Medallist at the JKA World Karate Championships in Japan
- 2011 Silver Medallist at the JKA World Karate Championships in Thailand
- 4 times Bronze Medallist at the JKA World Karate Championships
- 15 times National JKA Karate Champion
- 4 times JKA Pan-Am Karate Champion
- CPR Certified

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Dojo Website: [www.worldclasskarate.ca](http://www.worldclasskarate.ca)  
Karate Kids Canada Website: [www.karatekids.ca](http://www.karatekids.ca)

# **World Class Karate Summer Camp Overview**

## **4 x One week sessions of camp for ages 6-12 which includes:**

- Martial arts lessons for all levels (Karate, Kickboxing and Bo-Staff Lessons)
- Sports Games
- Arts and Crafts
- Movie Day
- Other Fun Activities
- Every Friday is Pizza Lunch (will be provided)

Please bring a peanut free lunch (excluding Fridays), snacks and water bottle for each day.

The First Weekly Session is July 6<sup>th</sup> to July 10<sup>th</sup>

The Second Weekly Session is July 13<sup>th</sup> to July 17<sup>th</sup>

The Third Weekly Session is from August 4<sup>th</sup> – August 7<sup>th</sup> (Mon. Aug. 3<sup>rd</sup> is a civic holiday)

The Fourth Weekly Session is from August 10<sup>th</sup> – 14<sup>th</sup>

Sessions run from 9:00 pm - 4:00 pm daily

with early drop off at 8:30am.

Half day runs from either 9am – 1pm, or 12pm-4pm

## **Cost:**

1. Weekly Sessions 1, 2, and 4 are \$180 each. Weekly Session 3 is \$140.
2. Cost per day is \$45 per child
3. Cost per half day is \$25 per child

## **Payment Options:**

Payment can be made by cheque (to **Peel JKA**), cash or credit card (Visa, Mastercard)

World Class Karate Summer Camp  
Registration Form

Name of Participant \_\_\_\_\_ Male (M)/Female (F) \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Address \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone# \_\_\_\_\_

Date of birth \_\_\_\_\_

E-mail \_\_\_\_\_

Health Issues (Including any allergies) Yes \_\_\_ No \_\_\_

(If yes, list) \_\_\_\_\_

\_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone# \_\_\_\_\_

Relationship \_\_\_\_\_

Payment Method

Full Payment for week 1 – July 6-10 (\$180) \_\_\_ Full Payment for week 2- July 13-17 (\$180) \_\_\_

Full Payment for week 3 – Aug. 4-7 (\$140) \_\_\_ Full payment for week 4 – Aug. 10-14 (\$180) \_\_\_

If Paying Per Day (\$45) Which Days: \_\_\_\_\_

If Paying Half Day (\$25) Which Days: \_\_\_\_\_

Payment Method \_\_\_\_\_

Visa Card # \_\_\_\_\_ Exp \_\_\_\_\_ 3-Digit Sec. # \_\_\_\_\_

Master Card# \_\_\_\_\_ Exp \_\_\_\_\_ 3-Digit Sec. # \_\_\_\_\_

Name on Card \_\_\_\_\_

Address of Cardholder \_\_\_\_\_ City \_\_\_\_\_ Postal Code \_\_\_\_\_

# World Class Karate

## Karate Summer Camp Waiver Release Form

Printed Name of Student: \_\_\_\_\_

The above named person, by enrolling in the Summer Camp Karate program offered by **World Class Karate**, recognizes that the program may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness activities. The above named person hereby affirms that he/she is in good physical condition and do not suffer from any known disability or condition which would prevent or limit his/her participation in this exercise program. The above named person acknowledges that his/her enrolment and subsequent participation is purely voluntary and in no way is mandated by **World Class Karate**. In consideration of his/her participation in this program, the above named person hereby releases **World Class Karate** and its agents from any claims, demands, and causes of action as a result of his/her voluntary participation and enrolment. The above named person fully understands that if any injury occurs as a result of his/her enrolment and subsequent participation in this program, he/she hereby releases **World Class Karate** and its agents from any liability now or in the future for conditions that he/she may obtain. These conditions may include, but are not limited to, heart attacks, muscle strains, muscle pulls, muscle tears, broken bones, shin splints, heat prostration, injuries to knees, injuries to back, injuries to foot, or any other illness or soreness that I may incur, including death.

*I HEREBY AFFIRM THAT I HAVE READ AND FULLY UNDERSTAND THE  
ABOVE STATEMENTS.*

Printed Name of Guardian/Parent \_\_\_\_\_

Signature of Guardian/Parent \_\_\_\_\_

Date Signed \_\_\_\_\_