



# ESTELLE S. CAMPBELL BOYS & GIRLS CLUB



Boys & Girls Clubs of Western PA

4600 Butler Street  
Pittsburgh PA 15201  
(412) 682-4013  
www.bgcwpa.org

Boys & Girls Clubs of Western PA



## Fall 2016 Mastiff Martial Arts: Judo Jui Jitsu and Mixed Martial Arts

### HAVE FUN WHILE YOU

#### IMPROVE

Physical Health  
Concentration  
Coordination  
Awareness

#### DEVELOP

Self-Discipline  
Self-Confidence  
Self-Control  
Self-Esteem

#### LEARN

Self-Defense  
Responsibility  
Teamwork  
Self-Respect

A progressive program that is designed for the student who desires to achieve Black Belt.

### **SCHEDULE: Class begins Friday, September 16**

Ages 7 and up  
Fridays at 6:30pm

### **INSTRUCTOR:**

Lisa Osmundsen, USA Judo Certified Instructor, 3rd degree black belt, 2 time  
Master's National Champion.

**\$35 per 8 week sessions, uniforms will be provided**



### **REGISTRATION FORM**

Student Name \_\_\_\_\_ Age \_\_\_\_\_ Height \_\_\_\_\_ Weight \_\_\_\_\_  
(must be accurate for uniform sizing)

Address \_\_\_\_\_

Parent / Guardian's Name \_\_\_\_\_ Day Phone # \_\_\_\_\_

Home Phone # (\_\_\_\_\_) \_\_\_\_\_

**Does your child have any physical limitations? Yes \_\_\_\_\_ No \_\_\_\_\_ If yes, please explain \_\_\_\_\_**

FOR OFFICE USE ONLY	AMOUNT PAID	RECEIPT NUMBER	RECEIVED BY & DATE
	\$		

Size \_\_\_\_\_ Uniform Fee \_\_\_\_\_ Rank \_\_\_\_\_