

Kyle's Karate

Enrichment at Bethesda Country Day School

Kyle's Karate is a children's martial arts program that combines exciting instruction with practical, effective techniques. Teaching kicks, punches, stances and blocks, Kyle's Karate will develop your child's coordination and concentration. Your child will learn about Stranger-Danger and how to stop bullies. Discipline and respect are an integral part of this class. All techniques are practiced on safe equipment held by the instructor. Your child will gain confidence in themselves and their ability to succeed while earning merit awards in class. Our end of the year belt test gives students a chance to earn a new belt and show off their moves.

Fall Session

Wednesdays Mornings | \$280 | September 14th - November 16th

Tuesday Afternoons (MCPS Kids) | \$280 | September 13th - November 15th

Program Contact: Kyle Mitcham | (301) 250 3210 | kyleskarate@gmail.com | KylesKarate.com

Register Online
kyleskarate.com/register/bcds