

REDWOOD CITY POLICE ACTIVITIES LEAGUE

KARATE PROGRAM



CLASS SCHEDULE

Mondays and Wednesdays

Beginners: 5:15 - 6:00 pm

Advanced Belts: 6:00 - 8:00 pm

Fridays:

Advanced & Black Belts 5:00 - 7:00 pm

Our karate program is American/Hawaiian Kenpo. We train in Kata's (self defense forms) and Sparring. Students can begin sparring after achieving the rank of yellow belt. We offer classes year round, except holidays and a two-week Christmas and New Year Break.

REGISTRATION:

A registration form must be completed for all participants. Registration occurs once a year and each student must complete a new registration each year. New registrants must start in the beginner's class, even with prior experience.

AGE REQUIREMENTS:

Ages 8 to 18 for both female and male students. Students already in the program prior to turning 18 can remain in the program at the discretion of the lead instructor.

COST:

There is a yearly fee of \$160 per student; this can be paid quarterly amounts. Payments can be made at the PAL Community Center. There is also an initial uniform fee and a sparring equipment fee.

LOCATION / CONTACT:

The PAL Community Center is located at 3399 Bay Road (at Taft School near 10th & Bay Road). For more information or questions please call Officer Perry Garcia at (650) 780-7100 x5018.

COACHES:

Professor Carlos Valdillez (7th degree), Jenna Valdillez (4th degree), Eric Acha (4th degree), Victor Yaneza (3rd degree), Perry Garcia (4th degree), Oscar Baltizar (3rd degree), and Cynthia Chavez (2nd degree).