



**STRENGTH! CHARACTER! LEADERSHIP!**  
**Our 25<sup>th</sup> year at Nativity of Our Lord!!!**  
**Tuesdays 5-6 pm in the large motor room**

**What Makes Sterling Karate Unique?**

- Christ Centered Teachings
- Convenient
- Grades K through Adult!
- Kids and Parents can take together!
- Builds Confidence
- Family Community
- Build Strength and Character
- Learn Discipline and Control
- Achieve Belt Levels
- Focus and Memory Skills
- FITNESS! FRIENDS! FUN!
- Providing Karate/Self-defense in schools for over 25 years

**Testimonials**

“I’ve known Peter Sterling for years and he has earned a reputation for delivering high quality martial arts programs in our Catholic Schools. Mr. Sterling’s programs are affordable and convenient for students and parents. I have my own son in Sterling Karate classes and I’m thrilled to have Sterling Karate available to our students.”

*-Danny Kieffer  
St. Charles Principal*

“I wanted my son around positive male role models and Mr. Sterling was a great teacher and mentor.”

*-Lorraine, Black Belt and Mom of Black Belt*

[Grab your reader’s attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]

“There are just no words to express our appreciation for the blessing you are to DJ. and our family. It was so thrilling to see him repeat his championship performance for his Mom, Grandma and Aunt Kia. DJ is just one of hundreds of kids that are being blessed by the sharing of your gifts and talents. We pray God blesses you above and beyond what you dream or imagine. *-Bob and Kelli (DJ’s God parents)*

Please contact **Peter** with any questions:  
 Phone 952-451-7576  
 Email: peter@sterlingkarate.com

**Sign up now!!! WWW.STERLINGKARATE.COM**

Name \_\_\_\_\_ School \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Parent’s Name(s) \_\_\_\_\_

Email \_\_\_\_\_

**Eight monthly payments of \$44.00 charged to your debit or credit card**  
 Amount of Payment \$ \_\_\_\_\_ Date \_\_\_\_\_ Method of payment: Check \_\_\_ Check Number \_\_\_\_\_

CC number \_\_\_\_\_ exp. date \_\_\_/\_\_\_/\_\_\_ cvv code \_\_\_\_\_

Signature \_\_\_\_\_ Initial here: \_\_\_ to authorize 8 or here: \_\_\_ for 3 payments.

*Make checks payable to: Sterling Karate*  
*Mail your registration and payment to: Sterling Karate PO Box 111014 St Paul MN 55111*  
*Or register at [www.sterlingkarate.com](http://www.sterlingkarate.com)*

*I understand that Karate as with any physical activity carries some risk of injury (however slight) and by signing this form I hold Sterling Karate and any of its instructors harmless in any such event.*

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

Please initial Yes \_\_\_ or No \_\_\_ for permission to use the above student’s picture in Sterling Karate promotional pieces.