



# SACRED HEART

## CATHOLIC SCHOOL

*Tuesdays after school 2:10-3:00pm  
in the gym*

**"Christ-Centered Sterling Karate: Building Faith, Discipline, Fitness, and Confidence in Children"**

Bringing over three decades of expertise, Christ-Centered Sterling Karate offers outstanding martial arts training tailored for kids. Our curriculum focuses on instilling discipline, fitness, and confidence through advancing belts, reaching goals, and nurturing character growth. Students improve their focus and memory abilities within a supportive environment that promotes camaraderie and enjoyment. Embark on a Christ-centered path today to develop discipline, fitness, and self-defense skills in your child



### What Makes Sterling Karate Unique?

- - Christ-centered teaching
- - Available for grades K through adult
- - Confidence building
- - Strong family community
- - Strength and character development
- - Focus on discipline and control
- - Opportunities to achieve belt levels
- - Improvement of focus and memory skills
- - Fitness, friends, and fun
- - Providing karate and self-defense in schools for 30 years

Once you are signed up you may take classes at any of our locations at no extra charge

**STERLINGKARATE.COM**

**952-451-7576**

Registration starts August 15  
use coupon code: **Ten%off**  
To receive a discount

Use the QR code or the link below for more information and registration



<https://sterlingkarate.com/product/karate-registration/>