

Registration for Anacortes Soo Bahk Do

Name _____ Age ____ Ht _____ Wt _____ Waist size _____
 Phone _____ (needed to estimate uniform size for Soo Bahk Do & Crouching Tigers)
 Email _____
 Address _____ Date of Birth _____
 City _____ State ____ Zip _____

If Student - school attending: _____

Occupation: _____

Prior Martial Arts experience: _____

List any health, physical restrictions, prior surgeries, special needs or training concerns of the participant that the instructors should be aware of:

Signature of Participant: _____ Date: _____

Printed Name of Parent or Legal Guardian(If under 18): _____

Signature of parent or legal guardian: _____ Date: _____

Please check the benefits you would like to experience and the goals you would like to attain at Anacortes Soo Bahk Do:

- | | | |
|--|--|---|
| <input type="checkbox"/> Physical Conditioning | <input type="checkbox"/> Temper Control | <input type="checkbox"/> Self-Discipline |
| <input type="checkbox"/> Self-Confidence | <input type="checkbox"/> Respect for Self & Others | <input type="checkbox"/> Better Mental Attitude |
| <input type="checkbox"/> Self-Defense | <input type="checkbox"/> Better Concentration | <input type="checkbox"/> Better Grades |
| <input type="checkbox"/> More Energy | <input type="checkbox"/> Inner Peace | <input type="checkbox"/> Fun |
| <input type="checkbox"/> Athletic Skill | <input type="checkbox"/> Weight Control | <input type="checkbox"/> Other _____ |

NOW ... Please circle the ONE, single most important benefit to you

Check Class Selection

list day/date

Tuition:

Soo Bahk Do - Child or family

Soo Bahk Do - adults and teens

Chi Gung (breathing and stretching exercises.)

Crouching Tigers (age 4-6)

Martial Arts Workshops

(Self-Defense / Other)

Monthly payment
 \$65 for 2 or more classes/week
 \$50 for 1 class per week
 Variable prices for workshops
 Private lessons: \$30 /hr
 Two hour workshop: \$20

Fees: Most classes are available at least 2X weekly, except Crouching Tigers. Discounts and Scholarships: For members of the same family tuition is discounted 20% for the second family member and 50% for the third, with no additional tuition for more than three family members. Private lessons are \$30/hour. Contact the instructors if you are in need of financial assistance.

Amount of Payment Attached: _____

Return completed registration form (checks payable to ASBD) to:
 Anacortes Soo Bahk Do, 2117 O Avenue, Anacortes, WA 98221

For More information call Colette & Andy Arvidson at 360-299-2905 or email: asbd@earthlink.net: