



## **STRENGTH! CHARACTER! LEADERSHIP!**

**At St. Charles of Borromeo!!!  
Tuesdays 3-3:50 in the Cafeteria  
STARTING DATE: September 19, 2017**

### **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

**“For God gave us a spirit not of fear but of power and love and self-control”**  
*2 Timothy 1:7*

### **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*

“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](mailto:peter@sterlingkarate.com)  
Financial aid available.

**Sign up now!!! [WWW.STERLINGKARATE.COM](http://WWW.STERLINGKARATE.COM)**