

Howell Township / PAL Programs
PO Box 713
115 Kent Road Howell NJ 07731
Phone: 732-919-2825
Fax: 732-919-1212



Price Includes:

- 3 days of training a week for (1 month)
- Monthly seminar
- Gi/belt/rank and tabi

Participant Name: _____

Address: _____ Zip Code: _____

Phone #: _____ Cell #: _____

Date of Birth: _____ Email address: _____

Current Medication: _____

Medical Conditions: _____

Days you will be attending (please circle): Tuesday Thursday Saturday

EMERGENCY CONTACT:

Name: _____ Relation: _____

Phone #: _____ Cell #: _____

** The PAL Accident Insurance Policy maintained by the PAL is secondary in coverage. Any and all claims must first be submitted to the claimant's primary health insurance carrier.*

*** I grant the Howell Township / PAL Program the right to use any and all photographs of myself and/or my child participating in a Department sponsored activity. By registering with Howell Township/PAL Program, I acknowledge that I have read, understood, and agreed with the above disclaimer.*

Applicant's Signature _____

Date _____

CHECK _____ CASH _____ RECEIPT _____ RECEIVED BY _____

Make checks payable to Howell PAL

All refunds are governed by the Howell Township Refund Guidelines & Procedures

Space is limited, so it is on a first come first serve basis



When: Beginning of each month

Where: Southard School

115 Kent Road Howell, NJ

Time: Tuesday & Thursday 7:30pm,

Saturday 10-12pm

Fee: \$40 one time membership fee & \$80 a month

Bujinkan Muteki-Ryu Dojo

Bujinkan Nin-Jutsu

(Japanese Martial Arts)

Grandmaster Masaaki Hatsumi

For Men and Women

Ages 14 and Up

Join instructors-

Shihan Craig Brogna (10th dan)

&

Shihan Chris Carbonaro (15th dan)

In exploring the old to learn the new.

This program is NOT for sport!!

Participants learn:

-How to take control of your body

-Self defense w/single and multiple attackers

-Weapons retention

- Joint locks, chokes, throws,

- Daken Tai-Jutsu (striking techniques),

-Kyo-Jutsu (deception techniques)

- Koshi-Jutsu (tissue/muscle tearing techniques)

-Koppo-Jutsu (bone breaking techniques)