



Strength, Character, Leadership



SAINT CHARLES  
CATHOLIC SCHOOL

**Tuesdays afterschool until 3:50pm  
in the Cafeteria Starts Sept. 9th**



### What Makes Sterling Karate Unique?

- Christ Centered Teaching!
- Grades K and up!
- Builds Confidence!
- Self-Defense skills
- Build Strength and Character!
- Learn Discipline and Control!
- Achieve Belt Levels!
- Focus and Memory Skills!
- FITNESS! FRIENDS! FUN!
- Karate/Self-defense for over 35 years!
- Convenient, classes at your School!

**Once registered you may take classes  
at any of our locations at no extra charge**

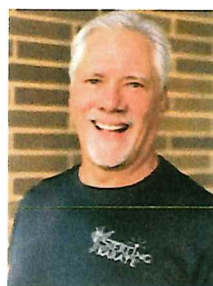


Use coupon code **"10offKarate"**  
for 10% off Monthly Payment

Exp 9/15/2025

More info: [SterlingKarate.com](http://SterlingKarate.com)

952-451-7576



**Peter Sterling**  
**Founder/Instructor**

Peter believes in the power of scripture to guide our students. He uses biblical teachings to support the development of Strength, Character, and Leadership in all Sterling Karate students. With Peter's guidance, students not only learn Karate techniques but also important values that will benefit them beyond the Karate class.



**David Alvarado**  
**Instructor**

As a protégé of his father-in-law Peter, David is excited about sharing his expertise in Sterling Karate and cultivating an environment that focuses on positivity and personal growth. A fervent follower of Christ, David strives to embody and promote the principle, "Whatever you do, do all to the glory of God".