



SAINT CHARLES
CATHOLIC SCHOOL



Strength, Character, Leadership

Tuesdays after school in the cafeteria until 3:50



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**

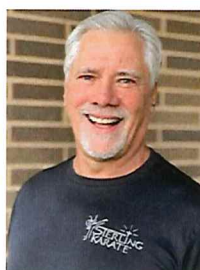


Use coupon code **"10offKarate"**
for 10% off Monthly Payment

Exp 9/15/2026

More info: SterlingKarate.com

952-451-7576



Peter Sterling
Founder and 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".

Starts September 8th