



Effective Jan 4 thru May 31, 2010

**All students need to arrive 10 minutes early for class, dressed and ready to go.
If a student arrives during warm ups, they may join class, but will not receive class credit.**

Private Lessons:

We offer half-hour private lessons for enrichment, extension, competition training, & Extreme Martial Arts. Private lessons are \$40.00 pre-paid

www.karate-america.com

- **Black Belt Team I (BBT I)** Beginning Level: White, Gold, Orange, Green
- **Black Belt Team II (BBT II)** Intermediate Level: Purple, Purple Stripe, Blue, Blue Stripe
- **Black Belt Team III (BBT III)** Advanced Level: Red, Red Stripe, Brown, Brown Stripe, Candidate
- **Black Belts:** 1st Degree and above

MON	TUE	WED	THU	FRI	SENSEI SAT		
4:30-5:00 KinderKickers (KK) (Ages 6-7)	4:30-5:00 Little Dragons (Ages 4-5)	4:30-5:00 KinderKickers (Ages 6-7)	4:30-5:00 Little Dragons (Ages 4-5)	4:30-5:15 White — Green Belts Forms/Kicks, intro 1-on-1s	10:00-10:45 Underblack Belt Kobudo Youth (Ages 6-14) & Sr. Leadership Aikido Team		
5:00-5:30 Little Dragons (LD) (Ages 4-5)	5:00-5:30 KK/Kiddo Self Defense, & Intro KKs/Kiddos (6-10 yrs)	5:00-5:30 Little Dragons (Ages 4-5)	5:00-5:30 KK/ Kiddo Forms/Kicks & Introductory KKs/Kiddos (Ages 6-10)		5:15—6:16 (1 hour) Kobudo Youth White—Brown & Kobudo Kids 1-on-1s (Ages 6-14)	10:45-11:30 Kobudo Adults & Black Belts (ages 15 & ↑)	
5:30-6:15 All Kobudo Adults (Ages 15 & ↑) & Black Belts	5:30-6:15 White —Green Belts Forms/Kicks (BBT I)	5:30-6:15 Underblack Belt Kobudo Youth & Kobudo Kids (Ages 6-14)	5:30-6:15 Purple – Blue Stripe (BBT II)	6:15-7:15 (1 hour) Kobudo Adult & Kobudo Black Belt	11:30-12:30 (1 hour) Karate Brown Stripes, Brown Double Stripes, & Black Belts		
6:15-7:00 Beg/Int Self Defense & Ground Work Drills for Youth/Adults White – Green	6:15-7:00 Beg/Int Self Defense & Ground Work Drills for Youth/Adults White – Green	6:15-7:00 Purple – Black Belts Curriculum Forms (BBT II & III)	6:15-7:00 Red — Black Belts (BBT III) Conditioning and Combos		Belt Promotions & Times January 15 March 19 May 7 Kids Programs—5:30pm Karate, Kobudo Programs—6:15pm	SAT Afternoon: Performance Team practices and/or Birthday Parties as scheduled	
7:00 – 7:45 Youth & Adult Self Def Sparring & Ground Work (ages 8-14) Sparring Gear Required	7:00 – 7:45 Youth & Adult Self Def Sparring & Ground Work (ages 8-14) Sparring Gear Required	7:00 – 8:00 (1 hour) Red through Black Belts continue with Curriculum & Personal Forms (BBT III)	7:00 – 8:00 (1 hour) Sr. Leadership Team Training & Curriculum Development Jr. Leadership Team training as scheduled	SPECIAL DATES BLACK BELT CANDIDATES Tryouts/High Brown OKF—1/29 Student Writing due—4/2 Exam Fees due—4/2 Parent Letter due—4/20 BB Exam—5/14, 6pm			<i>Sparring credit given only if student is on time with full gear. No exceptions.</i>
7:45-8:30 Adults continue with Self Def Sparring & Ground Work (ages 15 & ↑) Sparring Gear Required	7:45-8:30 Adults continue with Self Def Sparring & Ground Work (ages 15 & ↑) Sparring Gear Required	8:00 – 8:30 Open Gym as scheduled	8:00 – 8:30 Open Gym as scheduled				

Kids in the Intro Program attend these classes

Youth, Adults in the Intro Program attend 1 forms/kicks class and 1 self defense class

Belt Promotion Fees, Karate

Little Dragons, KinderKickers: \$35.00
Underblack Belt (Gold – Brown Stripe): \$35.00
Black Belt Candidate Try out Test: No charge
Black Belt 6-Month Progress Check \$50.00

Belt Promotion Fees, Kobudo

Kobudo Kids (kids program): \$10.00
To Gold Belt: \$45.00
To Green Belt: \$55.00
To Brown Belt: \$75.00
To High Brown Belt: \$95.00

Weekly Requirements for Attending Class at Karate America – Solid belt students may attend classes AT or BELOW their belt level. Students will be invited to promote when they have met attendance requirements and can demonstrate all curriculum AT or BELOW their belt level consistently and independently. Students who can not come to scheduled classes to meet their attendance/skill requirements will need to schedule private lessons.

Kids Programs—minimum attendance 2 classes per week

Little Kickers (2-4 yr olds): Daytime hours, please inquire
Little Dragons (4,5 yr olds): 2-3 times per week
KinderKickers (6, 7 yrs olds): 2-3 times per week, includes Kiddo Class*
Kobudo Kids 1 class per week w/White – Gold belts & 1-on-1 time as scheduled

***Kiddo Class** – KinderKickers work out with other students ages 6-10 who are in the solid belt program; 1-on-1 work time as scheduled.

Beginning Level (BBT I)



Minimum weekly classes 2 — 3

1 Forms & Mechanics class
1 Self Defense

★WHITE THROUGH PURPLE STRIPE, YOUTH & TEEN. ADULTS MAY TAKE SPARRING (NEED FULL GEAR) STUDENTS ARE IN THE EXPLORATORY PHASE, PARENTS AND STUDENTS NEED TO ATTEND CLASS REGULARLY TO RECEIVE THE FULL BENEFIT OF KARATE TRAINING.

Instructor discretion: Self Def/Sparring class
Instructor discretion: Conditioning class

Advanced Level Karate



Minimum weekly classes 3 — 4

1-2 Forms & Mechanics class

★ATTEND LOWER BELT FORMS CLASSES AS NEEDED TO IMPROVE PROFICIENCY. STUDENTS NEED TO TAKE A SERIOUS APPROACH TO KARATE TRAINING AT THIS LEVEL

1-2 Intermediate Self Dev/Sparring classes
1 conditioning class
Instructor discretion: Adult Self Def/Sparring classes

Black Belts: to 7th Degree

Minimum weekly classes 3 — 5

Attendance requirement includes any Instructing time
Preparing for advanced rank testing, follow Candidate class requirement

1 Forms/Mechanics/Conditioning class (1.5 hrs)

★ATTEND LOWER BELT FORMS CLASSES AS NEEDED TO MAINTAIN MASTERY AND FACILITATE ABILITY TO EFFECTIVELY INSTRUCT UNDERBLACK BELTS

Jr or Sr Leadership Team Training
2 Kobudo classes
1 Self Def/Sparring class (1.5 hrs)
Instructing, Mentoring as assigned

Intermediate Level Karate



Minimum weekly classes — 3

1-2 Forms & Mechanics class

★ATTEND LOWER BELT FORMS CLASSES AS NEEDED TO IMPROVE PROFICIENCY. TO IMPROVE, A STUDENT MUST BEGIN TO TAKE AN INCREASINGLY DISCIPLINED APPROACH TO CLASS

1-2 Self Def/Sparring classes
Instructor discretion: Conditioning class

1st Degree Black Belt Candidate



Required weekly classes — 4

1-2 Forms & Mechanics class

★IT IS EXPECTED THE STUDENT WILL SET TRAINING AS A PRIORITY AT THIS LEVEL. RUNNING PRACTICE MUST OCCUR OUTSIDE OF KARATE CLASS TO MEET EXAM REQUIREMENTS.

2 Adult Self Def/Sparring classes
1 conditioning class

Okinawan Kobudo: to 5th Degree



Kobudo Kids, White, Gold belts
1-2 belt level class, or 1-on-1 time as needed
Green, Brown, Black
2 belt level classes

Brown Belt Leadership: Assist 1 class under-black belt level as assigned

Black Belt Leadership: Assist at least 1 under-black belt class or 1-on-1's as assigned

Junior/Senior Leadership Team assist 1-on-1, small group in lower belt class, instruct and coach as assigned

Individualized Training Track Students (see office for more information)

Minimum 2 half-hour lessons per month, OR
Minimum 1 one-hour lesson per month
Attendance at KA-XMA training classes as schedule

Team OKF Students

(Underblack and black belt students committed to 3rd degree karate, 1st degree Kobudo, and beyond)

Participation in demos, performances, tournaments throughout the season

