



Effective Sept 7 through Dec 30

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:
Private lessons are for enrichment, extension, competition training, & Extreme Martial Arts. Private lessons are \$40.00 pre-paid

www.karate-america.com

Please see back of schedule for minimum class requirements and training levels, belt promotion fees, and programs

MON	TUE	WED	THU	FRI	Important Events
▶ 4:30-5:00 Beginning KinderKickers (KK White —KK Green)	4:30-5:00 Little Dragons (Ages 4-5)	▶ 4:30-5:00 All KinderKickers/Kiddo Class (Ages 6-10)	4:30-5:00 Little Dragons (Ages 4-5)	▶ 4:30-5:00 All KinderKickers/Kiddo Class (Ages 6-10)	<p>KA CLOSED Sept 1—6 Nov 24, 25 Dec 20—Jan 3</p> <p>Belt Promotions & Times September 17 November 19</p> <ul style="list-style-type: none"> • Kiddos Test at 5:30pm • Karate/Kobudo Tests at 6:15pm <p>BB Candidate Tryout For BB Candidate and Kobudo High Brown Belt 9/17 during 6:15 test</p> <p>Winter Black Belt Graduation December 10, 6pm Mon—Thu: BB Exams 7-8:30pm</p>
5:00-5:30 ▶ Little Dragons (Ages 4-5)	5:00-5:30 Advanced KinderKickers (KK Purple thru KK Black)	▶ 5:00-5:30 Little Dragons (Ages 4-5)	5:00-5:30 All KinderKickers/Kiddo Class (6-10 yrs)	★ 5:00-5:45 Self Defense & Ground Work Drills White – Purple	
5:30-6:15 Kobudo Kiddos & Kobudo Youth (Ages 6-14) <i>Required for Kobudo /Brown & High Brown testing 2010/2011</i>	★ 5:30-6:15 White —Green Belts Forms, Technique	5:30-6:15 Kobudo Kiddos & Kobudo Youth (Ages 6-14)	5:30-6:15 Purple – Blue Stripe Forms/Kicks	★ 5:45-6:30 White —Green Belts Forms, Technique	
6:15-7:00 Adults, Black Belts & Brown/High Brown Belts continue with Kobudo <i>Required for Kobudo /Brown & High Brown testing 2010/2011</i>	★ 6:15-7:00 Self Defense & Ground Work Drills White – Purple	6:15-7:00 Purple — Black Belt Conditioning, Forms and Technique <i>Brown, Brown Stripe, & Jr BB Candidates</i> MUST BRING RUNNING SHOES	6:15-7:00 Red — Black Belts Forms & Technique <i>Recommended (but not required) for Jr. BB Candidates</i> <i>Winter /Spring Testers</i>	Fall tournaments Southern WI Karate Open, Verona Sept 25/26	
⇒ All Sparring Gear Required for 7pm, 7:45pm classes					
7:00 – 7:45 ⇒ Youth Self Def, Spar, & Ground Work (ages 8-14) <i>Required for Jr. BB Candidates testing in Winter & Spring 2010</i>	7:00 – 7:45 ⇒ Youth Self Def, Spar, & Ground Work (ages 8-14)	7:00 – 7:45 Red — Black Belts continue Conditioning, Forms & Techniques <i>Required for Jr. BB Candidates</i> <i>Winter /Spring Testers</i>	7:00 – 7:45 All Adult underblack belts & Jr/Sr Black Belts Open Gym Workout Kobudo and/or Karate (Guided Training Time)	<p>Introductory Classes</p> <p><i>Little Dragons & KinderKickers</i> ▶ <i>Intro Program</i> students attend these classes (pick 2)</p> <p><i>Youth, Teen, Adults</i> ★ <i>Intro Program</i> students attend 1 forms class 1 self defense class</p>	
7:45-8:30 ⇒ Ages 15 & ↑ Self Def, Spar, Ground Work, other Training <i>Optional for Jr. Candidates testing Winter 2010</i>	7:45-8:30 ⇒ Ages 15 & ↑ Self Def, Spar, Ground Work, other Training	<p>Attention ALL Jr. Black Belts <i>You are required to attend at least 1 Black Belt forms class per week. Black Belt forms will be worked on during the Wed 6:15, 7pm; Th 6:15 classes.</i> <i>Th 7pm help MUST BE SCHEDULED w/Mrs. Greaves</i></p>			

Belt Promotion Fees, Karate

Little Dragons, KinderKickers: \$35.00
 Underblack Belt (Gold – Brown Stripe): \$35.00
 BB Candidate Exam—By Recommendation only
 Black Belt Progress Checks, 2 per yr: \$50.00 each

Belt Promotion Fees, Kobudo

Kobudo Kids (kids program): \$10.00
 Underblack Belt (Gold—Brown) \$35.00
 High Brown Exam—By Recommendation only
 Kobudo progress checks part of BB Progress check.

Belt Promotion/Exam Fees: Exam fees are separated from tuition so parents can partner with instructors. The **Intent to Promote (ITP)** is given to parents to gain feedback from school, community mentors, and the students themselves. Parents work with instructors to determine if a student's performance **outside** the karate school merits recognition.

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 curriculum 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—recommended attendance

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 2 class per week group class (1 small group/1-on-1 time as determined)

***Kiddo Class - KinderKickers work out with students ages 6-10 in the solid belt program; 1-on-1 work time in class as needed**

Beginning Level, 9-12 months*



Minimum weekly classes 2 — 3

1-2 Forms & Techniques class
 1 Self Defense & Ground Work class

★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: Sparring

Advanced Level Karate, 24-26 months*



Minimum weekly classes 3 — 4

1-2 Forms, Conditioning & Technique 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 Self Dev/Sparring & Ground Work classes
 BEGIN ACTIVELY RUNNING 3 TIMES PER WEEK OR MORE

Black Belts

Minimum weekly classes 3 — 5

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

1-2 Black Belt Forms class, Techniques Class

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

Jr or Sr Leadership Team as scheduled
 1-2 Kobudo classes
 1-2 Self Def/Sparring & ground work class

Intermediate Level Karate, 16-24 months*



Minimum weekly classes — 3

1-2 Forms & Technique 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 & Ground Work classes

Karate Black Belt Candidate, 5 months

(part of Advanced Level)



Required weekly classes — 4

1-2 Forms, Conditioning & Technique 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 Self Def/Sparring & Ground Work classes
 ACTIVELY RUNNING 3 TIMES PER WEEK OR MORE



Okinawan Kobudo

Kobudo Kiddos, White, Gold, Green belts

1-2 belt level class, or 1-on-1 time as needed

Brown, Black belts

2 belt level classes

Leadership: Assist 1 class underblack belt level as assigned or 1-on-1's as assigned



Team KA Students

Participation in demos, performances, tournaments throughout the season

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

Individualized Training Track Students—ITT (see office for more information)

Minimum 2 half-hour lessons per month, OR
 Minimum 1 one-hour lesson per month
 Attendance at special training sessions as scheduled

**Typical training time needed, individual programs may vary to maximize student development.*