



UPDATED: 10/3/2011—5/30/2012

www.karate-america.com
608-877-1888

**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.
SPARRING GEAR REQUIRED FOR SPARRING CLASS**

Scheduled 1on1s will be half hour sessions. Trampoline class is limited to 8 people per class. Mrs. Greaves will provide student schedules for 1on1s and/or tramp class.

▶KA Closed 2011 (fall) -2012 (spring): Nov 23-27; Dec 22-Jan 2; April 22-23; May 26-30

MON	TUE	WED	THU	FRI	SAT
Daytime 1-on-1s as scheduled. Please contact Mrs. Greaves for more information					
3:30—5:00 1-on-1 Sessions as Scheduled					10:00-10:45 Solid Belt Tramp Class 1-on-1s
***TRAMPOLINE CLASSES—are limited to 8 students. Please let Mrs. Greaves know which class you are attending so she can plan accordingly.					10:45-11:30 Solid Belt Tramp Kobudo—All
FOR PURPLE & ABOVE: Students attending the Sparring/Self Def classes on Tues, Wed nights MUST BRING ALL SPARRING GEAR					
5:00-5:45 Beginning Self Def (White—Green) and intro class	5:00-5:45 Beginning Forms & Mechanics (White—Green) and intro class	5:00-5:45 KinderKickers Class	5:00-5:30 KinderKickers Class Beg Forms & Mech.	5:00-5:45 KinderKickers Class	11:30-12:15 Solid Belt Tramp Class 1-on-1s
5:45-6:30 Int—Adv Forms & Mechanics (Purple—Black Belt)	5:45-6:30 IInt—Adv (Purple —Black Belt) Self Defense & Sparring	5:45-6:30 Int Forms & Mech. 1-on-1s	5:45-6:30 Int—Adv, BB Forms & Mech. 1-on-1a	5:45-6:30 Advanced & Black Belt Forms & Mechanics (Red—Black)	12:15—1:15 ADV Tramp Class 1-on-1s
6:30-7:30 Kobudo—All	6:30-7:30 Kobudo—All	6:30-7:30 Intermediate—Advanced (Purple —Black Belt) Self Defense & Sparring	6:30-7:30 Kobudo—All	6:30—7:30 Solid Belt Tamp class 1-on-1s and Candidate work	TBA Open Gym, as scheduled Or Special Theme Times (girls' nite, boys' nite)

*When Belt Promotions or BB Graduations are scheduled,
ALL REGULAR CLASSES ARE CANCELLED for that
day. Please see at right for scheduled dates for 2011-2012*

Belt Promotions for 2011-2012: Sept 23, Nov 18, Jan 27 , March 16, May 4
Candidate Tryouts: Sept 23, 2011; Jan 27, 2012
Black Belt Graduations: December 9, 2011 ; May 11, 2012

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 BE-LOW their belt level. Students will be invited to promote when they have met attendance requirements and can demonstrate curriculum consistently and independently. Students receive 1on1 time with an instructor once a week.

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, includes 1on1 time, tramp time
KinderKickers (6, 7 yrs olds): 2-3 times per week, includes 1on1 time, tramp time
Kobudo Kids 2 class per week, includes 1 group and 1—1on1

Belt Promotion Nights: When a Belt Promotion is scheduled (Fridays) ALL regular classes are canceled for that day. See dates on reverse side.

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, 16-24 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

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, 4 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

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
2 Kobudo classes
1-2 Self Def/Sparring & ground work class

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



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

Performance Team Students By recommendation: Participation in demos, performances, tournaments throughout the season

Training to Black Belt

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