



Valley Shidokan Karate-Do

Summer 2016

Effective June 29<sup>th</sup>, 2016

**Monday**

- 5:30-6:30- Juniors class- All ages, all ranks welcome
- 6:30-7:30- Open/ family class

**Tuesday**

- 10:30-11:30- Adult Kata class- 6<sup>th</sup> kyu and up
- 5:30-6:15- Beginners Adult/Teen class -sub Dojo- (As required)
- 5:30-6:35- Adult/Teen 9kyu -4<sup>th</sup> kyu-Main Dojo
- 6:30-8:00- B&B 3<sup>RD</sup> kyu and up -warm-up sub Dojo, class main Dojo

**Wednesday**

- 5:30-6:30- All ages, all ranks, kids, teens, adults, family class

**Thursday**

- 10:30-11:30- Adult Kata class, 6th kyu and up
- 4:30-5:15- All Juniors/All ages/All ranks  
Structured to help juniors with kata movements, grading preparation etc.
- 5:30-6:20- Beginners Adult/Teen class -sub Dojo- (As required)
- 5:30-6:35- Adult/Teen 9<sup>th</sup> kyu-4<sup>th</sup> kyu- Main Dojo
- 6:30-8:00- B&B class, 3<sup>rd</sup> kyu and above-Main Dojo

**Saturday**

- 9:30-10:30- Juniors, all levels all ages- *"fit and fun" Karate class!!*
- 10:30-11:30- Adults and teens only open class- Karate technical and fitness
- 11:30-12:30- Adults and teens only open class- Fitness with Karate-Ka and friends!!

### **\*Important\***

- \*Please attend classes made for your own age, rank and skill level**
- \* Please be ready to train at least 5 minutes before your class time...Don't Be Late!**
- \* Tuesday and Thursday nights are the primary technical nights for all adults members**
- \* Kids 7-12 years old and Blue belt or higher - should attend at least one 4:30 class per month (doubling up). This is important for their progress as well as an opportunity to study leadership.**

### **Level description**

**Junior beginner-** New members (10 kyu), yellow stripe (9th kyu), and yellow belt (8th kyu)

**Junior intermediate-** Green, blue, purple belt (6-4<sup>th</sup> kyu)

**Junior B&B -** Brown and Black belt levels only

**Adult beginner-** 1-20 classes.

**Adult lower Kyus-** 10<sup>th</sup> kyu (White belt)-7<sup>th</sup> kyu (Orange belt)

**Adult intermediate-** Green belt-Purple belt

**Adult Brown belt-** 3rd -1st kyu

**Adult Dan members-** Shodan up

**Adult senior Dan members-** Sandan and up

### **How much should I train?**

- To maximize progress in the art of Karate-Do without getting burnt out is a careful balance. Here's a quick idea of how much you should train based on your needs of rank age and experience. This is only a guideline, and does NOT include such things as home training (which should be done daily, even just for 5 minutes), or preparations for exams etc.

**Kinder karate (4-6 years old)-** attend once per week generally

**Juniors (7-12 years old)-** try for twice a week training minimum

**Advanced juniors-** should be shooting for three lessons per week.

**Adults-** Should train 2-3 times per week

**Higher ranked adults-** 3-4 times per week is optimum

**Black belts-** Require a minimum of 4-6 hours of training per week at the Dojo, plus their own research and practice

## **Class descriptions**

**Kids karate**- Geared towards children 4-8 years old. The focus of the training in this class is on motor skills, co-ordination, focus and concentration. We also develop basic techniques and memory of beginning katas. Further, we incorporate self-defense methods for this age group.

**Junior programs**- All other junior programs also deal with the same things, but we push to higher and higher expectations. We also develop “kumite” or sparring training as well as higher kata and tactics for self- defense.

**Open/ family classes**- These classes are a well rounded study of all areas of Karate, but do NOT go in depth with any one particular area or level. This is a great class to “top off” your training, to “round out” your skills, and, of course to train with others in your family in the same class

**Adult only classes**- Training in open classes will effectively develop an “overview” of Karate training, but without direct training in the technical specific classes, a student will have “gaps” in their Karate development. This is essential for adults and teens to do at least once per week, if in combination with open classes.

**B&B class**- This class is an advanced class for only those who have reached Brown belt level or higher. The focus is on continuing education in technical aspects of basic techniques and forms while stimulating new growth through higher and higher levels of training in advanced kata, kumite, combinations, and fundamentals. All brown belts and above are required to attend at least 3 times per month.

**Black belt class**- The highest level regular weekly class at our Dojo. Two goals- Even more advanced training and development in Karate techniques and secondly to create leadership and skilled instructors from the clay of Black belt members.