



Charleswood Karate Young Tigers Fall 2016 September to December

<u>Introductory Karate</u>	<u>Goals</u>
Ages 4 to 6	Improve strength
Uniform included	Improve confidence
Structured program	Improve discipline
Certificates of achievement	Learn karate moves
<u>Schedule</u>	<u>Activities</u>
Wednesday, 6:00 PM	Push ups, sit ups
Classes Sept 14 to Nov 16	Leg squats, leg lifts
Saturday, 9:00 - 9:45 AM	Balance techniques
Classes Sept 17 to Dec 5	Running
no classes Oct 8, Nov 12	Exercise games Meditation
<u>Basic rules</u>	Certificates of achievement
Listen to teacher, sensei	
Work hard at home & school	<u>Karate Techniques</u>
No pushing or fighting	Punch, rising block
Use washroom before class	Outside block, inside block
Keep finger & toe nails short	Down block, knife hand block
No gum or jewelry in class	Front snap kick
Shoes & boots on shelves	Front stance, back stance
Change room kept tidy	First kata - heian shodan

Ten classes

\$180 includes uniform & membership

\$140 for returning students

Call 896-3354

www.CharleswoodKarate.com