



# Charleswood Karate

5924 Roblin Blvd, Wpg

Young Tigers

Fall 2017, Sept to Dec

<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 - ten classes</u>	<u>Activities</u>
Wednesday, 6:00 - 6:45 PM	Push ups, sit ups
Classes Sept 27 to No 29	Leg squats, leg lifts
Saturday, 9:00 - 9:45 AM	Balance techniques
Classes Sept 23 to Dec 9	Running
no classes Oct 7 or Nov 11	Exercise games, meditation
<u>Basic rules</u>	Certificates of achievement
Listen to teacher & sempais	
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

**\$180 includes uniform & membership**

\$140 for returning students

Call 896-3354 [www.CharleswoodKarate.com](http://www.CharleswoodKarate.com)