

# Seishin Shotokan Karate

## Main Dojo Class Schedule (effective August 2013)

TIME	WED.	THURS.	FRI.	SAT.
10:00 AM				Shotokan (All ranks) 10:00 to 11:00
11:00 AM				Shotokan (Kata/Kumite/Team) 11:00 to 12:00
12:00 PM				Weapons Class 12:00 to 1:00
5:00 PM		Junior Shotokan (White to Blue) 5:00 to 6:00		
5:30 PM	Tiny Tigers (All ranks) 5:30 to 6:00		Shotokan (White to Purple) 5:30 to 6:30	
6:00 PM	Shotokan (All ranks) 6:00 to 7:00	Tiny Tigers (All ranks) 6:00 to 6:30		
6:30 PM		Shotokan (Purple to Black) 6:30 to 7:45	Shotokan (Brown & Black) 6:30 to 7:45	
7:30 PM	Shotokan (Black belts) 7:30 to 8:45			

**See the other side for an explanation of the different programs.  
Private lessons are available by appointment.**

### Explanation

Each class on the lesson schedule starts with the name of the program (Tiny Tigers, Junior Shotokan or Shotokan.) Next the rank level is listed by belt color and finally the time of the class. When choosing a class for you or your child, please be sure to take into account the rank level and the age limits of the class. You are eligible to attend any class at or below your current rank level based on the program that you have signed up for (see programs below for more details). Please do your best to be on time for class and try to attend class regularly in order to be ready for testing.

#### Tiny Tigers:

This program is for 4 – 6 year olds and helps your child to improve focus, coordination and discipline through Karate techniques and drills. In addition your child will gain valuable socialization skills and will also be challenged to improve on many different levels. The Tiny Tigers program is the ideal introduction to Karate for pre-school students, kindergarteners, and first grade students. Many basic techniques will be taught, along with target training to improve gross motor skills and fine motor skills and also basic forms (kata) that will help your child gain situational and directional awareness. This program is fun for everyone – the young Karate students, the parents and also the instructors.

#### Junior Shotokan:

This program mirrors the main Shotokan program in its belt system and curriculum content. This program is focused on ages 7 – 10 and, consequently, the way that the curriculum is delivered and the way that the classes are taught is tailored to the specific needs of this focus age group. Students will learn the necessary curriculum content while being exposed to many different fun drills and games that are aimed at reinforcing the core Shotokan content as well as keeping high motivation levels and healthy competition among the students. In each class there are two or more instructors so that the students can be split into smaller groups based on rank level.

#### Shotokan:

This program is our main program and is focused on students age 7 to adult. For individuals who want to learn the very popular art of Shotokan Karate and also for families who want to practice together at the same time this program is the perfect option. The program follows the traditional Japanese style of Karate called Shotokan. Shotokan is one of the “big four” styles of Karate and has several million practitioners worldwide. Our club is directly affiliated with the largest international Shotokan organization, namely the Shotokan Karate International Federation, headed by Master Hirokazu Kanazawa, 10<sup>th</sup> Dan. Our club’s Chief Instructor, Paul Walker, has been a direct student of Master Kanazawa since 1996, with three years of study in Tokyo, Japan at Master Kanazawa’s Headquarters Dojo. He is also a licensed instructor, examiner and referee with Master Kanazawa’s group.

#### Attendance:

Basic members can attend classes once per week. Premier Members can attend unlimited classes per week.