



THE SOLEBURY CLUB

Effective: August 29th 2011

Shotokan Karate Class Schedule

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------|--|--|--|--|--|---|
| 11:00am 12:00pm Women Only | | Adult Female Karate 11:00-12:00 | | Adult Female Karate 11:00-12:00 | | |
| 10:30 am 11:15 | | | | | | No Little Tigers Youth Can. Yellow and above |
| 11:15 am 12:45pm | | | | | | Team Only 11:15-12:45 |
| 4:00pm 4:55pm | Transported After-School Karate | Transported After-School Karate | Transported After-School Karate | Transported After-School Karate | Transported After-School Karate | Birthday Parties Available Here 215-794-3494 |
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Sunday |
| 5:00 pm 5:40 | Little Tigers (Ages 4-5) | Little Tigers (Ages 4-5) | Little Tigers (Ages 4-5) | Little Tigers (Ages 4-5) | | Instructor Training |
| 5:00 pm 5:40 | Youth Beg. White – Orange | Youth Beg. White – Orange | Youth Beg. White – Orange | Youth Beg. White – Orange | | By Invitation |
| 5:45 pm 6:40 | Youth Cand-Green-Black | Youth Cand.Green-Black | Youth Cand.Green-Black | Youth Cand.Green-Black | | Only |
| 6:45pm 7:45 | Fitness Class | Fitness KickBox | Fitness Class | Youth Adv. Brown - Black | | |
| 8:00pm 8:45 | Adult Beginners 8:00-8:45 | Adult Beginners 8:00-8:45 | | Adult Beginners 8:00-8:45 | | |
| 8:00pm 9:00 | Adult Inter/Adv. 8:00-9:00 | Adult Inter/Adv. 8:00-9:00 | | Adult Inter/Adv. 8:00-9:00 | | |
| | Private Trainings | Available for | Karate and | Kickbox | by | appointment |



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Shotokan Karate-Do: Shotokan Karate-Do is a Japanese Martial Art and form of self-defense developed by Sensei Gitchen Funakoshi. Kara(empty) te(hand) Do(the way) or The Way of the Empty Hand focuses not just on the physical art, as students learn to defend themselves with empty hands(weaponless), but on the mental aspect as well. The ultimate goal of a Karate-ka (person that studies karate) is the perfection of one's self and one's character.

Little Tigers: Ages 4-5, The Little Tigers Program is a program designed for children who are too young to experience our youth program. In this class children will learn basic karate techniques and participate in drills and games that help them to learn: Balance, Coordination, Focus, Self-Control and Respect. There are seven levels ranging from White Tiger to Red Tiger. Red Tigers graduate to the Youth Program. **note: Some 3 year olds are accepted.

Youth Karate: Age 6 and up The Youth Program is designed to teach solid fundamentals in Karate by combining traditional and modern training techniques. Confidence is gained, through hard work and dedication to Karate Training. Students earn a new belt ranking with the improvement in his or her technique reinforcing their confidence and self esteem. **note: Children approximately age 12 should first speak with the Sensei and decide whether the youth or adult program is appropriate for them.

Adult Karate: Increase your: Strength, Balance, Flexibility and Coordination all while you learn this traditional art of self-defense. Meet and train with new people as you develop a strong sense of comradery and belonging with your fellow students.

Youth/Adult Team Training: This class held on Saturdays is dedicated solely to competitors on The Solebury Club Competition Team. Helping to improving sparring and kata abilities through numerous drills for hands, feet and footwork. The latter part of the class is normally used for free-sparring so that you may apply the techniques and concepts that you practiced that day. Ideal for children and adults interested in competition.

Kickbox: Kickboxing is one of the most popular programs here at The Solebury Club. You can burn 800+ calories an hour in this challenging and motivating class, all while learning real Kickbox and Karate techniques. All of our Kickbox classes are taught by certified Black Belt instructors who are not only able to give you a good workout, but can also make sure you are learning proper form and technique. Classes incorporate a warm up and cool down stretch, heavy bag work, jump rope, lunges, push ups and back exercises, as well as various footwork and agility drills. Our kickboxing class is appropriate for beginners and advanced. Gain confidence and self-esteem as over time you can see both your fitness level and technique improve.

Adult Female Karate: (This class is for female students only.) Increase your: Strength, Balance, Flexibility and Coordination all while you learn this traditional art of self-defense. Meet and train with new women as you develop a strong sense of comradery and belonging with your fellow students.