



# THE SOLEBURY CLUB

Effective: June 23rd For summer 2008

## Shotokan Karate Summer Class Schedule

| Time                     | Monday  | Tuesday   | Wednesday   | Thursday  | Saturday  | Sunday   |
|--------------------------|---|---|---|---|---|--|
| 11:00 am<br>11:45        | Youth Karate<br>All Ranks<br><b>11:00-1:00</b><br>W/Lunch Break | Adult Karate<br><b>11:00-11:45</b>                | Youth Karate<br>All Ranks<br><b>11:15-1:00</b><br>W/Lunch Break | Adult Karate<br><b>11:00-11:45</b>                | <b>No Little Tigers</b><br>Youth<br>Can. Yellow<br>and above<br>10:30-11:15 |  |
| 11:15 am<br>12:15        |   | Little Tigers<br>(Ages 4-5)<br><b>11:45-12:15</b> |   | Little Tigers<br>(Ages 4-5)<br><b>11:45-12:15</b> | Youth/Adult<br>Sparring<br>All Levels                                       |  |
| 12:15pm<br>1:15pm        |   | Youth Karate<br>All Ranks<br><b>12:15-1:00</b>    |   | Youth Karate<br>All Ranks<br><b>12:15-1:00</b>    | Youth/Adult<br>Team Training<br>All Levels                                  | Instructor<br>Training<br>(Invitation only)        |
| 1:30pm<br>2:30pm         |   | Female Teenage<br>Self-Defense                    |   |   |   | Female Teenage<br>Self-Defense<br><b>3:00-4:00</b> |
| Time                     | Monday  | Tuesday   | Wednesday   | Thursday  | Saturday  | Sunday   |
| 4:45 pm<br>5:15          | Little Tigers<br>(Ages 4-5)                                     |   | Little Tigers<br>(Ages 4-5)                                     |   |   |  |
| 5:15 pm<br>5:50          | Youth Beg.<br>White - Yell                                      | Youth Beg.<br>White - Yell                        | Youth Beg.<br>White - Yell                                      | Youth Beg.<br>White - Yell                        |   |  |
| 5:50 pm<br>6:30          | Youth Inter.<br>Org. Can - Blue                                 | Youth Inter.<br>Org. Can- Blue                    | Youth Inter/Adv<br>Org. Can- Above                              | Youth Inter.<br>Org. Can- Blue                    |   |  |
| 6:30 pm<br>7:15          | Youth Adv.<br>Pur. Can - Black                                  | Youth Adv.<br>Pur. Can - Black                    | Demo Team<br>Practice<br>6:30-7:00                              | Youth Adv.<br>Pur. Can - Black                    |   |  |
|                          | Adult Beginners<br>7:15-8:00                                    | Adult Beginners<br>7:15-8:00                      | <b>Kickbox</b><br>7:00-8:00                                     | Adult Beginners<br>7:15-8:00                      |   |  |
|                          | Adult Inter/Adv.<br>7:15-8:30                                   | Adult Inter/Adv.<br>7:15-8:30                     |   | Adult Inter/Adv.<br>7:15-8:30                     |   |  |
| <b>Private Trainings</b> |   | <b>Available for</b>                              | <b>Karate and</b>   | <b>Kickbox</b>                                    | <b>by</b>   | <b>appointment</b>                                 |



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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 Karateka (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 competing in kata and sparring. Helping to improving your 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 or simply wanting to improve their sparring.

**Fitness Kickbox:** Fitness 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.