




# SHOTOKAN KARATE STUDIO OF SELF-DEFENSE

## Class Schedule - 2010

TIME	MON.	TUES.	WED.	THURS.	FRI.	SAT.
5:00 PM -	<b>Black Belt Club ONLY</b>	Kids Karate Class – Advanced <b>Ages 6 - 12</b> Blue Belts & Up <b>5:00 - 5:45 PM</b>	Kids Karate Class - Intermediate Ages 6 -12 <b>Yellow &amp; Orange</b>	<b>Black Belt Club ONLY</b>		Teens/Adults - Karate Class Ages 13 & UP Beginner / Interm. & Advance <b>10:30 - 11:30 AM</b>
5:30 PM	<b>5:00 - 5:30 PM</b>		<b>5:00 - 5:45 PM</b>	<b>5:00 - 5:30 PM</b>		
5:45PM -	<b>Kids Karate Class - Beginners</b>  <b>Ages 6 - 12</b> White Belts <b>5:45 - 6:30 PM</b>	<b>Black Belt Club ONLY</b>  <b>6:00 - 6:30 PM</b>	<b>Kids Karate Class - Advanced</b>  <b>Ages 6 - 12</b> Blue Belts & Up <b>5:45 - 6:30 PM</b>	Kids Karate Class - Intermediate Ages 6 -12 <b>Yellow, Orange,</b> Blue Belts & UP <b>5:30 - 6:15 PM</b>		<b>Kids Karate Class - Ages 6 -12</b> <b>Yellow, Orange,</b> Blue Belts & UP <b>11:30 - 12:15 PM</b>
6:30 PM -	Kids Karate Class - Intermediate Ages 6 -12 <b>Yellow &amp; Orange</b>	<b>Kids Karate Class - Beginners</b>  <b>Ages 6 - 12</b> White Belts <b>6:30 - 7:15PM</b>	<b>Kids Karate Class - Beginners</b>  <b>Ages 6 - 12</b> White Belts <b>6:30 - 7:15PM</b>	Teens/Adults - Karate Class Ages 13 & UP Beginner / Interm. & Advance 6:30 - 7:30pm		<b>Kids Karate Class - Beginners</b>  <b>Ages 6 - 12</b> White Belts <b>12:30 - 1:15 PM</b>
6:30 PM -						
7:15 PM	<b>6:30 - 7:15PM</b>					
7:30 PM -	 <b>GRACIE COMBATIVES</b>	<b>Teens/Adults - Karate Class</b> Ages 13 & UP Beginner / Interm. & Advance	 <b>GRACIE COMBATIVES</b>	<b>Adults</b> <b>*****</b> <b>Sparring Night</b> (By invite only)		 <b>1:30 - 2:30pm</b> <b>GRACIE COMBATIVES</b>
8:30 PM						
					<b>Important Reminders:</b> -Students may come to classes for their age and belt rank only. -Students should arrive 10 minutes prior to class time to warm-up for class. -Parents, family, and visitors must sit quietly while observing classes or they will be asked to leave. ***SCHEDULE SUBJECT TO CHANGE WITH PRIOR NOTICE	

## About our programs...

**Martial Arts for Ages 6-12** - The martial arts classes for ages 6-12 are geared toward providing a fun and challenging martial arts curriculum while instilling the positive, life-changing benefits of the Japanese martial arts traditions: respect for others, self-confidence, courtesy, obedience, humility, perseverance, honesty, integrity, and self-control. This class emphasizes goal-setting and positive reinforcement of personal success habits through the belt rank promotion system. Tons of fun!

**Black Belt Club Members** - The Black Belt Club classes for our 6-12 year old is geared towards providing fun and challenging classes that will teach leadership to our selected Black Belt Club members. Students are selected into this program by demonstrating perfect attendance, dedication and great motivation in their martial arts training. The classes are a combination of sticks, chucks and mix martial arts involving self-defense for our students. These classes are in addition to their regular Martial art classes.

**Martial Arts for Teens & Adults** - Our Teen and Adult martial arts program teaches the traditional martial art of Shotokan karate. In addition, our chief instructor draws upon his extensive knowledge of other martial arts traditions to teach practical and effective self-defense techniques. Physical fitness and stress reduction are just some of the positive benefits gained from training in this class.



**Gracie Combatives®** Although there are over 600 techniques in Gracie Jiu-Jitsu studies of real fights have shown that 36 techniques have been used more often and with greater success than all the other techniques combined. The 36 Gracie Combatives techniques have been strategically divided into 23 one hour classes so that you can complete the course at your own pace. Each lesson is taught using unique *Gracie Teaching Methods* so that no previous experience is required to participate in any of the 23 lessons. As a result, you can complete them in any order. Upon enrolling, you will be issued a *Combatives Card* on which all your progress will be tracked and each month you will receive a *Combatives Calendar* that depicts which techniques will be taught in each lesson throughout the entire month.

**Shotokan Karate Studio of Self-Defense, Inc.**

214-42 Hillside Avenue, Queens Village, N.Y.

(718) 740-0950

[RMKARATESTUDIO@AOL.COM](mailto:RMKARATESTUDIO@AOL.COM)