

## Proposed Schedule - Kenwa Karate of Sitka starting Mar 17, 2021

Sun	Monday	Tue	Wednesday	Th	Fri	Saturday
						Level 2 Class 9:00 – 10:00 am
			Welcome Back/Intro A 5:30 – 6:15 pm			Welcome Back/Intro B 10:20 am – 11:05 am
			Level 2 Class 6:35 – 7:35 pm			

We intend to run this schedule until about May 14<sup>th</sup> at which point we may switch to a revised summer schedule.

### No Class Days:

No class is held on some major holidays or if the New Archangel Dancers have a performance at the studio.

Please check [www.sitkakarate.org](http://www.sitkakarate.org) for other holiday closures or announcements.

### Class Descriptions:

Welcome Back & Intro Pod A	<p><b>Students <u>that were previously enrolled</u> in Little Dragons or Level 1</b>  <b>If space allows, new students age 8+ (and age 5-7 with permission)</b></p>
Welcome Back & Intro Pod B	<p><b>Ages/Ranks:</b> White belt, white belt w/ stripes, yellow belt (all ages 4+) plus orange belt (up to 10<sup>th</sup> grade) &amp; blue/white stripe and solid blue belt (up to 5<sup>th</sup> grade)  <i>We will review stances, blocks, attacks &amp; introductory kata (forms) while placing a strong emphasis on improving one's character by building manners, respect, and self-discipline.</i></p>
Level 2	<p><b>Advanced students of all ages and older intermediate-level students</b></p> <p><b>Ages/Ranks:</b> 5<sup>th</sup> grade or younger with rank purple/white stripe belt or higher  <b>Ages/Ranks:</b> 6<sup>th</sup> grade – 10<sup>th</sup> grade with rank of blue/white stripe belt or higher  <b>Ages/Ranks:</b> 11<sup>th</sup> grade to adult with rank of orange belt or higher</p> <p><i>Students will work individually and in groups on karate skills and their personal goals. Appropriate and focused behavior is expected of all level 2 students.</i></p>
Private Lessons	<p><b>By Appointment</b> Available at limited times via Zoom or at the studio. 30 or 60 minutes, individual or small group.</p>

**Registration Information:**

What classes may I sign up for?

Sensei Laurinda Marcello will determine final placements.

Additional information can be found at [www.sitkakarate.org](http://www.sitkakarate.org)

**Questions?**

Contact Sensei Laurinda Marcello

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