

## Proposed Schedule - Kenwa Karate of Sitka Nov 15, 2020 – Jan 14, 2021

Sun	Monday	Tue	Wednesday	Th	Fri	Saturday
						Level 2 Class 10:00 – 11:00 am
			Welcome Back Pod B 4:55 – 5:40 pm			Intro Pod 11:20 am – 12:05 pm
	Welcome Back Pod A 5:45 – 6:30 pm		Level 2 Class 6:00 – 7:00 pm			

### No Class Days:

Karate will not be held Dec 21 – Jan 2 inclusive. We will re-open Jan 4. Limited private lessons are available during the break. Please check [www.sitkakarate.org](http://www.sitkakarate.org) for other holiday closures or announcements.

### Class Descriptions:

<b>Intro Pod</b>	<b>New students age 8+</b> (younger students may enroll by permission when an older sibling or parent is also enrolled in the same class) <i>An introductory class for children &amp; families to learn basic karate techniques.</i>
<b>Welcome Back Pod A</b>	<b>Students that were previously enrolled in Little Dragons or Level 1</b> <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) & blue/white stripe and solid blue belt (up to 5 <sup>th</sup> grade)
<b>Welcome Back Pod B</b>	<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>
<b>Level 2</b>	<b>Advanced students of all ages and older intermediate-level students</b> <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 <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>
<b>Private Lessons</b>	<b>By Appointment</b> Available at limited times via Zoom or at the studio. 30 or 60 minutes, individual or small group.

**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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