



LUCID MARTIAL ARTS AND WELLNESS



BEGINNER KARATE

Class Overview:

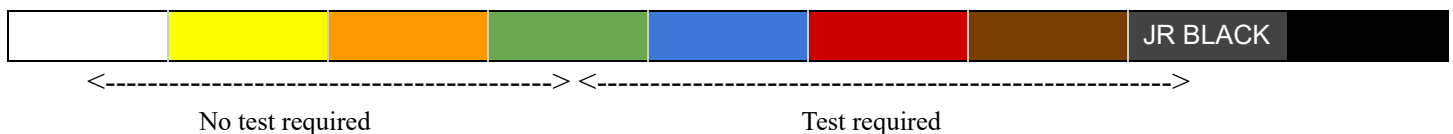
- Ages 3+, White - Yellow belts
- Beginner Karate basics and katas (routines)
- Consists of partner work, games, beginner board breaking, stretching and general fitness activities
- Emphasis on character development & active living

Required Uniform:

- Black Karate GI required (\$70)
- Lucid Dryfit T-shirt optional (\$40) - required if not wearing GI on a hot night

Advancements:

- No testing required for yellow - green belts, advancement is solely based on in class performance and attendance
- To achieve yellow belt:
 - Approx. 6 months of consistent training and regular attendance (min. 1 class per week)
 - **This timeline will vary significantly if student is less consistent with training**
 - Student must be able to demonstrate all basics
 - Student must be able to complete Hein Shodan by themselves (beginner kata)
 - Student must be engaged consistently in class
- To achieve orange belt:
 - Approx 6-12 months after yellow belt of consistent training and regular attendance (min. 1 class per week)
 - **This timeline will vary significantly if student is less consistent with training**
 - All previous requirements + 3 additional Katas (generally Hein Nidan, Sandan, Yondan)
- Belts are awarded at the “Student of the Season” celebrations, held in June and November every year

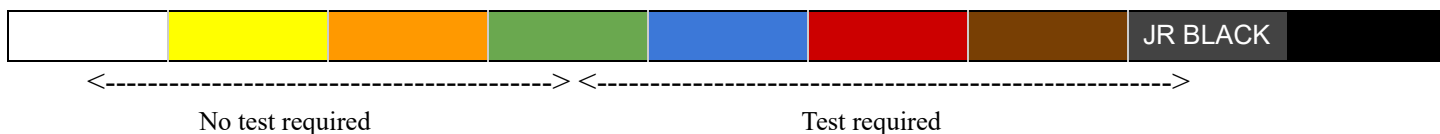




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Testing is required for the awarding of blue belt and higher; no qualifying process to test.



GENERAL TESTING REQUIREMENTS FOR GREEN BELT AND HIGHER:

Listed most important first

1. Attendance. Min 85% of total karate classes. Must also be participating in demo class (weapons).
2. In class performance and participation. This includes a positive work ethic during group exercises as well as being able to work independently (without being instructed to stay on task).
3. Culture. This includes knowing basic Japanese cues, being able to assemble one's uniform (including tying the belt) being able to respectfully peer govern, and all other Dojo manners (ie. setup & clean up, hustle, talking in turn, being on time, being kind and helpful etc.)
4. Basics with implemented corrections by instructors or peers (ie. usage of hip and breath, technique timing, elongation of stances, clean chambers, tight fists, posture, block setups, speed etc).
*Students will be expected to demonstrate these within Katas as well as basic training.
*Students must be prepared to demonstrate all basics practiced within class. This includes (but is not limited to) combination kicks and stationary/ traveling upper body basics.
5. Katas. Consider any Kata taught in class to be on student's test (this is different for everyone, and includes weapons/ specialty Katas). Forgotten or incorrect movements will impact student's test.
*Students may not be tested on every Kata, but must be prepared for every Kata, and are expected to perform Katas in front of others by themselves.
6. Bunkai. Student will be expected to perform Bunkai sections from a Kata (chosen by instructor), and demonstrate how to apply block combinations, turning them from defences into attacks.
7. Strength. This includes holding stances and proper warm up techniques (ie. pushups, situps, lunges etc.)
8. Endurance. This includes performing basics and advanced Katas a number of times without fatigue.
9. Anatomy. Students must demonstrate a general understanding of basic muscle functions, names and how to stretch them.
10. Teaching. Students will be required to teach a small segment to the rest of the class during the test. This could include warm up, stretch, basics, katas, bunkai, or weapons. Segments will be chosen by instructors and students will have a few weeks to practice and prepare. Some students may be asked to teach in partners, and some alone.