



# KANSAI *Karate* ACADEMY

## SUMNER PARK ADULT TIMETABLE 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY (AM)	SATURDAY (AM)
<b>BEGINNER/NOVICE</b>	7.30-8.15	6.15-7.00	6.45-7.30	6.15-7.00	9.30-10.15	11.45-12.30
<b>INTERMEDIATE</b>	7.30-8.15	7.00-7.45	7.30-8.15	6.15-7.00	9.30-10.15	11.45-12.30
<b>SENIOR ADVANCED</b>	6.45-7.30	7.45-8.45	7.30-8.15	7.00-8.00 extended class optional	9.30-10.15	11.45-12.30

**PUBLIC HOLIDAYS – NO CLASSES**

### Class Description:

**Beginner/Novice:** This class is designed to lay the foundations for a karate student. Classes consist of a warm-up, an introduction of basic techniques and application, finishing with a specifically designed stretching routine. Other areas introduced will include self-defence applications and basic knowledge of fitness and well being.

**Intermediate:** This class is designed to take the Beginner/Novice to the next level of proficiency in traditional karate. Beginner/Novice techniques are reinforced whilst advanced techniques are taught. Other components that are further studied include self-defence, sport karate and physical fitness.

**Senior Advanced:** This is the highest level of expertise that the student can reach. Classes consist of reaching a deeper understanding of all aspects of karate, including physical movement, spiritual fulfillment and mental awareness.

<p><b>Managing Director and Chief Instructor:</b> Stephen Kelly, 6<sup>th</sup> Dan  <b>Address:</b> 5/71 Jijaws Street, Sumner Park Q 4074  <b>Phone:</b> 3279 0655      <b>Mobile:</b> 0417 709 729  <b>E-Mail:</b> admin@kansaikarate.com.au      <b>Web Site:</b> www.kansaikarate.com.au</p>
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