



KANSAI *Karate* ACADEMY

SUMNER PARK ADULT TIMETABLE 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY (AM)	SATURDAY (AM)
BEGINNER/ NOVICE	7.45-8.30	6.15-7.00	6.45-7.30	6.15-7.00	9.30-10.15	11.45-12.30
INTERMEDIATE	7.45-8.30	7.00-7.45	7.30-8.15	6.15-7.00	9.30-10.15	11.45-12.30
SENIOR ADVANCED	6.45-7.45	7.45-8.45 Black Belt Only	7.30-8.15	7.00-8.30	9.30-10.15	11.45-12.30

**KUMITE CLASS - SATURDAY 12.30PM INVITATION ONLY
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.

Managing Director and Chief Instructor: Stephen Kelly, 6th Dan

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