



KANSAI *Karate* ACADEMY



SUMNER PARK JUNIOR CLASS TIMES 2011

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY AM	SATURDAY AM
CUBS	---	3.45-4.15	---	---	9.00-9.30	8.15-8.45
LITTLE LIONS	4.00-4.45	---	4.00-4.45	3.30-4.15	---	9.00-9.45
YOUNG LIONS BEGINNER/ NOVICE	5.00-5.45	4.30-5.15	6.00-6.45	4.30-5.15	---	10.00-10.45
YOUNG LIONS INTERMEDIATE	5.00-5.45	5.30-6.15	5.00-5.45	4.30-5.15	---	11.00-11.45
YOUNG LIONS SENIOR ADVANCED	6.00-6.45	5.30-6.15	5.00-5.45	5.30-6.15	---	11.00-11.45

PUBLIC HOLIDAYS: NO JUNIOR CLASSES

Class Description:

Cubs 3-4 yrs: Kansai Cubs was created just for preschoolers - 3-4 year olds We start with fun, promote teamwork and friendship and help to create strong individuality and the self-esteem necessary to succeed. They learn how to control their bodies, direct and focus their minds and energize and empower their spirits—all wrapped in games, challenges and fun.

Little Lions 5-8 yrs: The main aim with the Little Lions is to introduce children to karate in a fun but structured program. The focus of the program is on developing motor skills, confidence and discipline while learning basic karate techniques. Children in this age group are very receptive but have short attention spans, so the lessons are divided into short bursts of activity which can be skill or game oriented.

Young Lions 8-12 yrs: The Young Lions Beginner/Novice class, similar to the Little Lions in that there is still a focus on developing their karate skills in a fun environment through karate related games and karate technique, is the next step up. Techniques learnt in this class are progressively more difficult than the Little Lions but are part of the Beginner/Novice teaching criteria. Once Young Lions have completed the Beginner/Novice phase successfully they then move up into the Junior Intermediate class.

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

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