



KARATE PROGRAM

Bedford Seiwa Kai

TUESDAY & SATURDAY ARE HELD AT DOUGLAS ROAD ELEMENTARY GYM

THURSDAY CLASSES ARE HELD AT BEDFORD JUNIOR HIGH LUNCHROOM

Registration deadline for all Karate classes is January 13, or when class fills!

**Head Instructor:**

Sensei Mark Cramer 6th Degree Blackbelt

Assistant Instructor:

Chris Perry-San Dan 3rd Degree Blackbelt

Promotions by Bedford Seiwa Kai are free of charge, and will be conducted ONLY on March 10! Official Dan (Blackbelt) ranking can be obtained through JKF Goju Kai.

KARATE - PEE WEE (Grades K-2)*

This course is specifically designed for the young Karate students grades K-2. In addition to receiving instruction in the basic techniques of Japanese Goju Ryu Karate-do, our students will receive developmental instruction in body coordination, flexibility, self-discipline, listening skills, and team work.

\$50.00 New Students

Sat. 9:00-10:00am

January 21 - March 24

\$50.00 Returning

Sat. 10:15-11:15am

January 21 - March 24

NEW STUDENTS & RETURNING STUDENTS IN THE FOLLOWING LEVELS***Level 10-7 Kyu White, Yellow & Blue Belt**

Students in this class will receive instruction in the basic techniques (kihon) of Japanese Goju Ryu Karate-do, body coordination, flexibility, and self-discipline. Students will also learn traditional kata (formal exercises), and basic kumite strategy (sparring).

\$105.00

Thur. 6:30-7:45pm & Sat. 11:30am-1:00pm

January 19 - March 24

RETURNING STUDENTS IN THE FOLLOWING LEVELS***Level 6 Kyu - Dan Green, Brown & Black Belt**

Experienced students will receive instruction in traditional Japanese Goju Ryu Karate-do. Stretching and strengthening the body (junbiundo), basic techniques (kihon), traditional formal exercises (kata), and sparring strategy (kumite) will be the major focus of this class. All will receive expert instruction, attention and assistance in class.

\$105.00

Tues. 6:30-7:45pm & Sat. 11:30am-1:00pm

January 17 - March 24

ADVANCED GOJU RYU

This special class focuses on Brown and Black belt students - those above 3rd KYU and is designed to give focused instruction in advanced kata and kumite including Yakasoku Kumite which is required to earn Sho-Dan. Anyone who is preparing for Sho-Dan (black belt test) is required to take this class. All students will learn to develop and perfect higher level skills.

Tues. 8:00-9:15pm

January 17 - March 24

\$52.00 Bedford Community Education students enrolled in one of the above classes.

\$60.00 Members of other clubs and organizations or independent students.

KOBUDO CLUB

The weapons class or Kobudo Club is designed to teach the kata, kihon, and bunkai of the bo and sai-traditional Okinawan weapons. Basic sai will be taught to eighth kyu students who are 3rd grade and above. Bo will be taught to anyone who is 6th kyu or above.

*Students under age 18 require instructor approval, parents permission, and release.

Tues. 8:00-9:15pm

January 17 - March 24

\$52.00 Bedford Community Education students enrolled in one of the above classes.

\$60.00 Members of other clubs and organizations or independent students.

KARATE REGISTRATION FORM - Winter 2012

Student's Name: _____ Phone Number: _____

Parent's Name: _____ Work/Cell Phone: _____

Address: _____ City: _____ Zip: _____

D.O.B. ___/___/___ Age: _____ Current Belt: _____ Fees Paid: _____

E-Mail Address: _____

Please register the above student for the following appropriate level class(es):

_____ Pee Wee - New _____ Pee Wee - Returning _____ White, Yellow, Blue Belt (Thursdays)

_____ Green, Brown, Black Belt (Tuesdays) _____ Adv. Goju Ryu _____ Kobudo Club