

KARATE PROGRAM

BEDFORD SEIWA KAI

Head Instructor: Sensei Mark Cramer 6th Degree Blackbelt

Assistant Instructors:

Chris Perry

3rd Degree Blackbelt

Emily Mata

2nd Degree Blackbelt



TUESDAY & SATURDAY CLASSES ARE HELD AT
DOUGLAS ROAD ELEMENTARY GYM
THURSDAY CLASSES ARE HELD AT
JACKMAN RD ELEMENTARY LUNCHROOM

Promotions by Bedford Seiwa Kai are free of charge, and will be conducted ONLY on March 17! Official Dan Ranking (Blackbelt) Can be obtained through Seiwa Kai and JKF Goju Kai. Winter Session: REGISTER BY JANUARY 20

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 Ruy Karate-do, our youngest students will receive developmental instruction in body coordination, flexibility, self-discipline, listening skills, and team work.

\$65 Saturday 10:00 – 11:00 a.m.

Winter Session: January 27 – March 24

NEW STUDENTS & RETURNING STUDENTS

Students will receive instruction in traditional Japanese Goju Ruy 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 age-appropriate instruction, attention and assistance in class.

Level: 3rd, 4th and 5th Grade – Beginner through Black Belt

\$120 Thurs. 6:30 – 8:00 p.m. & Sat. 11:30 a.m. – 1:00 p.m. Winter Session: January 25 – March 24

Level: 6th Grade through Adult – Beginner through Black Belt

\$120 Tue. 6:30 – 8:00 p.m. & Sat. 11:30 a.m. – 1:00 p.m. Winter Session: January 23 – March 24

ADVANCED GOJU RYU / KOBUDO CLUB

The focus of this class is on the needs of brown belt and black belt students (3rd kyu and above). The kata, kumite, and bunkai which are required at the Dan (black belt) level is emphasized in this class. Students will learn the advanced kata of kobudo (Okinawan weapons). Both Bo (staff) and Sai (short swords) kata are taught in this class. (Green belts are allowed to take this class with the approval of one of the instructors.)

Level: 3rd, 4th and 5th Grade – Thur. 8:05 – 9:20 p.m.

Winter Session: January 25 – March 22

Level: 6th Grade through Adult Tue. 8:05 – 9:20 p.m.

Winter Session: January 23 – March 20

All Levels Fee: \$70 Current Student fee/\$80.00 Non Student fee

Tournament
Great Lakes Seiwa-Kai
Goju Ruy Karate-Do
Friendship
Tournament
Sunday, May 6
Douglas Rd Gym
Registration at 9am
Competition at 10am

KARATE REGISTRATION FORM Winter 2018 – Registration Deadline Jan 20, 2018

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: _____ Best way to reach you ___ Email ___ Text ___ Phone ___

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

_____ Pee Wee _____ Thursdays (3rd , 4th, 5th Grade) _____ Tuesdays (6th - Adult)

_____ Adv. Goju Ryu / Kobudo Club (3rd, 4th, 5th) _____ Adv. Goju Ryu / Kobudo Club (6th - Adult)

Release for Karate Program, Adult Fitness Classes, Youth Programs

All students who wish to participate in a karate, exercise, sport leagues, or recreation class must first complete a Release of Liability waiver. This must be on file with the office before a student can participate. ***Please download the required health and release forms from the Community Education/Adult Education website and bring the completed forms to the first class**.*

For more information call Adult Education 734-850-6050.