



Black & Brown Belt Workout! Spring 2022
Friday April 22nd - 7pm-10:30pm
Saturday December 23rd- 11am-10:30pm
Sunday December 24th 11am-? (we try for 5pm)



For anyone testing or pretesting, please see Mrs. Williams to check status on where you are for it.

1.) Advanced Green and Browns should be having their packet checked at least weekly.

2.) Also make sure you have your karate homework completed.

3.) Please bring lunch, snacks, and water.

4.) Please bring a snack for the snack table.

5.) Please bring your Sparring gear, and weapons.

Please inform your instructors of any existing injuries you have. We will have a lunch break. If you need to take other breaks, you can just step out and rest then come back in. You don't have to salute in and out each time. Just remember, the Black Belts will be watching the students to see who is pushing themselves and giving 100%. We will be inviting certain Leadership students to participate in the Friday Night Line Workout. We will let you know. You have to have a certain amount of belt techniques.

Schedule of events:

Friday: Teaching at 7pm. 8pm-10:30pm

Introductions, Warm up, then Division of Belt Levels, then Line Starts!

Saturday: 11am-12noon- Warm up, All Basics, possible run (against bags & with each other)– Mr. Salinas

12 Noon-2pm- Professor Williams All Black Belts (Jarod works with brown and under)

2pm-3:00pm – Mr. Hoskins

3:00pm-3:30pm – Lunch

3:30-5:00 – Professor Everyone

5:00-7:00 - Stations

7:00 -8:00 – Form breakdown

8:00-9:00– Nunchaku Set-Ms Magda & Mr Caviglia

9:00-10:30 – Sparring-Mr.Perez

Sunday:

11-12 Noon Warm-up Techs. Review with (belt sheets) Mr. Salinas. Have everyone get a belt sheet from yellow And above to current level. They must mark every tech. they Know from the belt sheets. They keep these sheets as a record And keep them updated each week.

12 Noon -1pm Sets

1-2:30 – Professor Williams Everyone

2:30-3:00 – Lunch

3:00-4:30 – Techniques review with belt sheets(this would be the Time to ask Black Belts for help

4:30 – Black Belt Test Panel Starts

Pictures and Clean-up

Seminar Times can change around