

Black & Brown Belt Workout! Winter 2022
Friday December 9th - 7pm-10:30pm
Saturday December 10th- 11am-10:30pm
Sunday December 11th 11am-? (we try for 6pm)

For anyone testing or pretesting, please see Mrs. Williams to check status on where you are for it. Advanced Green and Browns should be having their packet checked at least weekly. Also make sure you have your karate homework completed. Please bring lunch, snacks, and water. Please bring a snack for the snack table. Please bring your sparring gear, and weapons. Please bring a notepad. 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 will have to know a certain amount of belt techniques.

Schedule of events:

Friday: Teaching at 7pm.

Friday Night Line starts: 8pm-10:30pm

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

**Saturday: 11am-12noon- Warm up, Basics, (against bags & with each other Tech. Review)-Mr. Salinas
(Break into groups)(Bring shoes, in case we do a run)**

12 Noon-1:30pm- Professor Williams Everyone

1:30pm-2:30pm – Mr & Mrs. Hoskins

2:30pm-3:00pm – Lunch

3:00-4:30 – Professor with Black Belts

Jarod with everyone else work on Sets/etc..

Break into groups

4:30-5:30 – Mr. Young

5:30-7:00 - Stations

7:00-8:00 –Mr. Perez

8:00-9:00- Continuous Fighting

9:30-10:30 – Ms. Hurtado - Sparring

Sunday:

11-12 Noon Warm-up Techs.Review - Mr. Salinas

12 Noon-1pm Bo Staff/Ms. Magda, Mr. Caviglia, Mr. Ivan

1:00-2:30 – Professor Williams Everyone

2:30-3:00 – Lunch

3:00-3:45 – Intro to Padded Sword Sparring

**3:45 –4:30- Ms. Magda, Mr. Caviglia Mr. Ivan-Nunchuck & Double
Stick quick Review**

4:30-? Panel Testing & Pictures and Clean-up