

Fitness & Foundations: Saturday Mornings from 8:30 a.m. - 9:15 a.m.

What is it?

Fitness & Foundations is a fitness class developed for our Black Belt candidates about 8 years ago. Shortly after, we opened it to all karate students and their parents & siblings.

The class stresses fitness, strength and endurance exercises. Some of the exercises are karate inspired and some drills will reinforce proper stances to the benefit of those participants who are karate students. Generally, the class is a "do you best" fitness class - similar to a boot camp. The curriculum is 12 weeks long and gets a bit harder each week.

Who can participate?

Anyone who is at least 7 years old.

Do I have to be a karate student?

NO, you do NOT have to be a karate student to participate in this offering. Parents and siblings (minimum age 7 years old) are welcome to participate.

Does it count towards regular class attendance?

No, it does not count toward regular class attendance because you will not be learning your specific cycle curriculum, but pls pull your attendance card... it will be marked F & F.

Is there any cost?

Nope - absolutely free.

Is there a dress code?

Comfortable workout clothes. No shoes on the mats (of course). Karate students who want to wear a uniform may do so, but it is not required.

Who will be leading the class?

Sempai Randy Kane & Sempai Brendan Kane

Additional questions about Fitness & Foundations?

Please let one of us know and we will be happy to answer your questions.

Open Mat: Saturday Mornings from 9:25 a.m. - 9:55 a.m.

What is it?

We want to give students the opportunity to come to the dojo and work on their own specific needs. It can range from students who need extra instruction on some challenging element of a current cycle, to students who want time practicing kicks on the bags or individuals who don't necessarily need help, but need more space to practice or want the use of the mirrors in their practice. Of course, there is always Board Breaking and Tournament prep.

Do I have to be a karate student?

YES, you have to be a karate student to participate in this offering. Little Dragons are NOT eligible to participate EXCEPT ahead of Board Breaking Challenges or Tournaments (for prep).

Does it count towards regular class attendance?

No, it does not count toward regular class attendance but you will need to pull your card. It will be marked with OM as a record of your participation.

Do I have to stay for the entire 30 minutes?

No, you do not. We ask that you arrive on time and participate in the group warm up & stretch. Students can then work on

whatever they want with the assistance of a Black Belt. If students don't need assistance but are simply making use of the space to practice on their own, that's fine too. Students may leave as soon as they are ready, but no later than 10 a.m. Students who are leaving before the end of the session must make Sempai Randy (or another adult Instructor/CIT member) aware that they are leaving. Students who are under 12 years old will NOT be permitted to leave without a parent or older sibling.

Is there any cost?

Nope - absolutely free.

Is there a dress code?

We are not going to require uniforms for several reasons... some students may have just finished the *Fitness & Foundations* class (and are in workout clothes), other students may just be dropping in for 10 minutes to go over a specific element (and as soon as they've got it, they are done). That said, many of us feel weird practicing karate in anything other than a gi (uniform), so wearing a uniform is fine too. If you choose not to wear your uniform and belt and you are asking for help, be sure to let the Black Belts know your belt rank. It will help them tailor to your needs.

Who will be assisting during Open Mat?

Sempai Randy Kane, Sempai Brendan Kane and other CIT members/Black Belts may also make themselves available.

Additional questions about Open Mat?

Please let one of us know and we will be happy to answer your questions.

Best Regards,

Sensei Fran, Sensei Aidan & Sempai Randy Kane