

Thousand Waves Class Schedule rev. 11/20/17

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 – 12:45 Blue – Black S Tom	12 – 12:45 White Belts S Tabitha Blue – Black S Ryan	12 – 12:45 White Belts SS Nancy Blue – Black JS Sarah	12 – 12:45 White Belts S Ryan Blue – Black JS Sarah		10 – 10:30 Little Kicks
					10:15 – 11 Juniors
12:45 – 1:30 Black Belts SS Nancy	12:45 – 1:30 Kata Blue- Black SS Nancy	12:45 – 1:30 Functional Fitness ⁺ S Tabitha	12:45 – 1:30 Conditioning / Sparring Skills & Free Sparring * Blue- Black JS Sarah		11 – 12 Youth All Levels
4 – 4:30 Little Kicks (MThS)	4 – 4:45 Juniors	4 – 4:45 Juniors	4 – 4:30 Little Kicks (MThS)	4 – 4:45 Juniors	12-1 Teens all Levels
4 - 4:45 Juniors			4 – 4:45 Juniors		4 – 4:45 Juniors
4:45 – 5:45 Youth Pre-Sparring*	4:45 – 5:45 Youth Pre-Sparring*	4:45 – 5:45 Youth/Teens All Levels	4:45 – 5:45 Youth All Levels		4:45 – 5:45 Youth/Teens All Levels
5:45 – 6:45 Teens All Levels & Youth & Teen Free- style Sparring*	5:45 – 6:45 Teens All Levels & Youth & Teen Free- style Sparring*	5:45 – 6:30 Jr. Black Belts	5:45 – 6:45 Teens All Levels	5:45 – 6:45 White Belts S Tom Blue-Black Belts S Katherine	1-2 Blue – Black Belts JS Sarah
6:45 – 7:30 Functional Fitness ⁺ S Alan	6:45 – 7:30 Conditioning/ Sparring Skills* Blue-Black S Alan	6:30 – 7:30 White Belts S Katherine Self-Defense Skills Blue - Black SS Nancy/S Alan	6:45 – 7:45 White Belts S Alan Blue – Black JS Martha		2 – 3 Green - Black SS Nancy
7:30 – 8:30 White Belts SS Nancy Blue – Adv. Yellow S Alan Green - Black JS Sarah	7:30 – 8:30 White Belts S Erin Blue – Black SS Nancy	7:30 – 8:30 Shodan/Nidan Sandan & Up SS Nancy & JS Sarah	7:45 – 8:45 Kajukenbo Blue - Black JS Sarah		3 – 3:45 Free Sparring * Green - Black SS Nancy JS Sarah
8:30 – 9 Free Sparring * Green - Black S Alan	8:30 – 9 Meditation Open to All SS Nancy	8:30 – 9 Teacher Training SS Nancy			
Sunday	9:30 - 10:15 Adult White Belts Blue-Black Belts S Alan		10:15 – 11 Functional Fitness ⁺ S Alan		11 - 12 Black Belts S Alan

- Functional Fitness classes are open to all ranks and count toward rank promotion as well as against 10-class plans.
- Classes from 8:30 - 9 pm count toward rank promotion but not against 10-class plans.

*** Sparring Gear Required + Please wear Gi Pants and a TW T-Shirt, no belts**

Descriptions of Adult Classes:

Black Belt These classes teach the Seido syllabus for 1st – 6th *dan*. This includes *kata*, many choreographed empty-hand partner fighting sequences, defense against the knife, as well as partner work with the 6' and 4' staff (*bo* and *jo*) and *sai* training for 4th *dan* and up.

Blue - Advanced Yellow Belt These classes focus on the Seido syllabus material for these four *kyu* levels. They include formal and sparring basics, self-defenses, *kata* and fitness intervals. Other skills taught in these classes include weight shifting, footwork and pad holding and hitting. More senior students are always welcome to take Blue - Advanced Yellow belt classes.

Blue – Black Belt These classes cover a variety of syllabus material from 8th – 1st *kyu*, but their most special feature is the opportunity for junior / senior partnerships. Color belt students receive one on one coaching from black belts who take great delight in sharing their art forward to the next generation of learners.

Conditioning / Sparring Skills (Blue – Black Belt) These classes offer the opportunity to condition your body with boxing / sparring drills, some solo and some with partners using heavy bags, focus mitts, medicine balls, mats, jump ropes and more. You will learn and practice how to give and receive powerful techniques safely, so that in sparring classes, you feel prepared and eager to be there. Hand and feet safeties, a helmet and mouthguard are required. The workout level will be high, but adaptable to each individual student's abilities.

Free Sparring (Green – Black Belt) These classes feature rounds of free sparring with a variety of partners, supervised by a teacher, who coaches participants as they spar. The half-hour classes on Monday and Thursday evenings at 8:30 are free to eligible members. Full sparring gear is required for these classes.

Functional Fitness Classes (White – Black Belt) These classes offer gym-style high intensity interval training in a supportive and nurturing environment. Equipment used includes dumbbells, swiss balls, resistance bands, chin up bars and more. Improved strength, endurance, agility and balance are guaranteed outcomes of regular participation. Your ability to do karate safely and beautifully will be greatly enhanced by the strong fitness foundation that these classes provide. Please wear gi pants and a t-shirt, no belts.

Green – Black Belt These classes focus on the Seido syllabus for the four senior *kyu* levels. They include complex basics sequences, *kihon kumites*, *yakusokus*, intermediate self-defenses and *kata*. Additional skills taught include basic joint locks and rolling and falling skills.

Kajukenbo (Blue – Black Belt) This class will include the opportunity to learn Kajukenbo forms, Punch Attacks, Grab Arts, Nunchaku, and Self-Defense Sparring.

Kata (Blue – Black Belt) These classes explore our art through the lens of our martial forms. We practice the forms and dissect the techniques and stances and stories within, taking a wide view of what these foundational parts of our art can teach us. Kata practice builds strength and provides an opportunity to showcase the beauty of Seido Karate.

Self-Defense Skills (Blue – Black Belt) In these classes you will learn and practice hard core physical self-defense skills including striking combinations, releases from holds, ground fighting scenarios, defense against weapons, power-building target pad hitting, joint locks, throws, and multiple assailant scenarios.

White Belt These classes are designed to introduce new students to the movement vocabulary of Seido Karate and to the philosophy that underlies our practice. Most beginners without prior training need a minimum of 30 classes to learn Seido's basic strikes, kicks, blocks and stances. We also teach the first *kata* (form), the first four basic block and counters with partners, and some practical self-defense drills in white belt classes. Strength and agility building intervals throughout the classes add to the fitness benefit one gets from training. More senior students are always welcome to take white belt classes.