



KARATE INTERNATIONAL LEWISVILLE 2008 CLASS SCHEDULE

UPDATED Jan 2008

Master Ginger Gallagher - General Manager

| TIME | LOCATION | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------|-------------|---------------------------------|--|---------------------------------|--|----------|---------------------------|--------|
| 7:00 AM | | | | | | C | | |
| 8:00 AM | | | | | | | COMPETITION TEAM | |
| 9:00 AM | Classroom 1 | | | | | L | BEGINNER/ INTERMEDIATE | |
| | Classroom 2 | | | | | | LITTLE DRAGONS | |
| 9:45 AM | Classroom 1 | | | | | O | OPEN FLOOR | |
| | Classroom 2 | | | | | | TAI CHI | |
| 4:30 PM | | OPEN FLOOR | BEGINNER/ INTERMEDIATE | OPEN FLOOR | BEGINNER/ INTERMEDIATE | | | |
| 5:15 PM | | LITTLE DRAGONS (5:30) | JUNIOR BLACK BELTS | OPEN FLOOR TIME | OPEN FLOOR TIME | S | | |
| 6:00 PM | Classroom 1 | BEGINNER (white - orange) | BEGINNER (white - orange) | BEGINNER (white - orange) | BEGINNER (white - orange) | | | |
| | Classroom 2 | ADULT CLASS All Ranks | | | BUSHIDO (Teen black and Adult Society) | | | |
| 6:45 PM | Classroom 1 | INTERMEDIATE (blue to brown) | JUNIOR SOCIETY (by invitation only) | INTERMEDIATE (blue to brown) | INTERMEDIATE (blue to brown) | E | | |
| | Classroom 2 | YOGA | ADULT SOCIETY (by invitation only) | 1st BROWN & BLACK BELTS | OPEN FLOOR | | | |
| 7:30 PM | Classroom 1 | | | COMPETITION TEAM | | D | | |
| | Classroom 2 | | | | | | | |

Expect To Succeed!

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| PRICING * : | |
| 1 Family Member (age 5+) | \$109 / month |
| Little Dragons (ages 3-5) | \$59 / month |
| Additional Family Members | +\$45.00 / month / family member |
| Society Class (green belt and above) | +\$20 / month + 2 year commitment |
| Yoga / Tai chi | |
| Active students | NO CHARGE |
| Family of active students | +\$30/month for all, \$5 drop in |
| All others | Each \$20/month, \$10 drop in |
| Your first class is always free! | |
| * a \$10.00 surcharge per month is added for monthly billing (accounts not on bank draft) | |

- K.I. has been in NC since 1974 and has been in Forsyth Co. since 1977. We've been in Lewisville since 1991. K.I. has trained over 500 hundred students to black belt and over 20,000 students in total.

- Parents are always allowed to stay and watch their children train. We provide seating and are an internet "hotspot", offering wireless internet connections for your convenience.
- Your children will be asked to do only the best that they can (this applies to adults too!).
- Martial Arts are taught for self defense ONLY.
- Our instructors are certified through the American Martial Artists Association and recertified yearly.
- Students will learn Karate, Tae Kwon Do, Judo, Ju-jitsu, Issinryu, but more importantly they will gain respect, independence, self confidence & more.

We're a family environment & encourage this by offering Family classes & hosting family events. See our calendar for a listing of all the fun!

LITTLE DRAGONS: Monday at 5:30 pm, Saturday at 9:00 am

Specially designed for 3-5 year olds, the Little Dragons classes last 30 minutes and are an excellent way for any child to have fun and burn off extra energy, while learning basic martial arts, stranger danger, early discipline, manners and coordination skills.

BEGINNER: Tuesday and Thursday at 4:30 pm, Monday thru Thursday at 6:00 pm, Saturday at 9:00 am

General/Family classes are held every day and are family classes (adults and children may attend in one of the few sports your family can do together!). Learn to defend yourself, get into shape and make new friends. In General classes, the focus is on the basics of Sanshinkai. The basics are the foundation of everything we do and students of all ranks are encouraged to attend.

ADULT ONLY CLASSES: Monday and Thursday at 6:00 pm

Available to all ranks, these classes take place at the same time as the family friendly General classes, but allow the adults an opportunity to train together

INTERMEDIATE: Monday, Wednesday and Thursday at 6:45 pm

For Green belt and higher, learn everything you need to progress to the "society" ranks and work towards black belt. Learn more advanced theory and technique.

SOCIETY CLASSES: Adult Society-Tuesday at 6:45 pm, Junior Society-Tuesday at 6:45 pm

Society class is for students green belt and higher and is designed for the student who has made the commitment to reach black belt and go beyond. We work hard in Society class and focus on more advanced teaching, including weapons training. In order to join Society class, you must be invited to attend your first class by an existing member. Once admitted to Society class, you must attend at least twice per month and you're expected to call in to the office if you are unable to attend. Society class is a commitment to a higher level of training and responsibility at KI.

BLACK BELT CLASSES: Brown & Black Belt Class (all ages)-Wed at 6:45 pm, Junior Black Belt (ages 12 and under)-Tues at 5:15 pm, Teen Black Belts (ages 13-19)-Thurs at 5:15 pm

We offer special classes for training all of our black belts. In these classes, much like Society classes, we offer more advanced training and an opportunity to put your black belt skills to use. The Brown & Black belt class is a 6 month requirement for anyone planning to test for any rank of black belt. The Junior and Teen black belt classes allow younger black belts to train together among their peers.

OPEN FLOOR: Need extra time and space to practice? Come in during open floor time and work out. The best way to improve and advance is to practice outside class.

SPECIALTY CLASSES: We offer a variety of specialty classes, some requiring additional payment:

Bushido: This class is designed especially for Teen Black belts and Adult Society members who want extra training and knowledge

Competition Team: Led by Master Thomas and by invitation only, this group trains multiple times each week in order to compete nationally in open tournaments. Adults only. 1st brown and up.

Yoga: Monday at 6:45 pm means "union" and aims at the realization of the unity of our whole being. Usually taught as a sequence of poses and breathing exercises. Yoga postures exercise the spine and stimulate the lymphatic system, helping to remove toxins from the body, which, if allowed to accumulate, may cause pain and stiffness in the muscles and joints. The physical postures, breathing exercises and meditation practices of yoga have been proven to reduce stress, lower blood pressure, regulate heart rate, and even retard the aging process

Tai chi: Saturday at 9:45 am this class is good for Tai Chi beginners and experienced martial artists of all types, covering Tai Chi fundamentals for the martial arts. The class focuses on practices for flexibility, endurance and strength, as well as balance, stress reduction and improving your energy. Tai Chi combines movement, meditation and breath regulation to enhance the flow of vital energy in the body, improve blood circulation, and enhance immune functions.