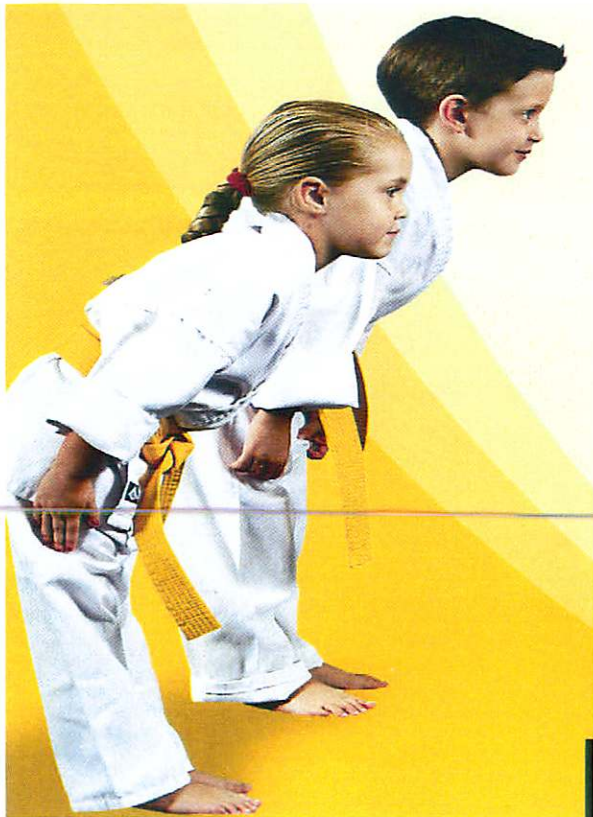


Do you know  
the best kept  
secret to  
building greater  
confidence and  
self control ?

# KARATE

*The secret is out !*



We are qualified to answer  
your questions

Elyse Johanis  
(Hons. B.A. Psych)  
Program Director

John Johanis  
(5th Degree Black Belt)  
Master Instructor

[www.johaniskarate.com](http://www.johaniskarate.com)

## *Kinder Karate*

*A program designed  
specifically for your*

*5 or 6 year old*



KINDER KARATE



Johani's Karate School  
98 First Street, Orangeville  
941-0573  
[Johaniskarate.com](http://Johaniskarate.com)

## Kinder Karate 5-6 yrs

This program was designed specifically for children ages 5-6 years old. In our Kinder Karate Program, your child will learn and grow in a process that accommodates their skills and abilities. Kinder Karate students have the opportunity to progress within their developmental range and are not expected to keep up with the capabilities of older school-aged children. This translates to a more functional and structured program. A program designed just for them.

The Kinder Karate Program breaks down curriculum requirements for each belt level. Students will be required to meet 6 general expectations to achieve 2 sets of stripes. This extended reward system offers an ongoing sense of success, which is key to building confidence. This method insures that Kinder Karate students master the skill sets required to progress to the next belt level.

Kinder Karate students attend the white/yellow belt class times which allows for an easy transition to the Junior Karate Program when they're ready.

### Kinder Karate Program

Unlimited Classes

\*minimum of two classes per week is required

Free Uniform & Crest

Belts/Grading Fees

\*included with your monthly program

National Rank Certification

\*Awarded at Belt Graduation Ceremony

#### KARATE SKILLS

\*Blocks \*Stances \*Kicks \*Strikes \*Sparring \*Balance

\* Combinations \* Kata \*Safety drills

#### SELF-DEFENSE

\* Awareness \* Evasion Techniques \* Applications

\* Vocal development

#### SOCIAL SKILLS

\* Turn Taking \*Sharing \*Focus \*Team work

\* Vocal development & Awareness

#### PHYSICAL FITNESS

\* Flexibility \* Balance \* Endurance \* Co-ordination

#### LIFE SKILLS COACHING

\*Goal Setting \*Confidence \*Black Belt Attitude

\* Leadership \*Message of the Week

#### CHILD PROTECTION

\*How to Deal with Bullies and Strangers

## Kinder Karate Quickstart Program

1 month  
Unlimited Classes

\$174. + h.s.t.  
(includes uniform  
& crest)

### REWARD & RECOGNITION

\* Students are rewarded with STRIPES,  
Belts and positive recognition by quality  
instructors and peers.