



THE DOJO PARAMUS

Summer 2023

SAMURAI TRAINING SESSIONS

These 45 minute sessions will include: one step kumite, self defense, weapon self defense, advanced kicking drills and bag work, kumite, takedowns, board breaking and star throwing, Time is awarded for each of these sessions, equivalent to rank year, and counts towards future testings.

SUMMER SEMINAR SERIES

These 1 hour and 15 minute sessions will run on Wednesday in a seminar format. This will allow the students to dive deeper into training topics listed below. All seminars are to be run by Sensei Holzmann.

July 12	Kobudo – Weapons work and practice
July 19	Bunkai no Kihon – Kata improvement and application
July 26	Jiyu-Kumite – All things Sparring, all night long
Aug 9	Goshin Jitsu – Self Defense aspects of karate
Aug 16	Chi – Understanding the Internal Flowing Power
Aug 23	Ran Dori – Ground Techniques and Rolls

TUITION:

Advanced Package: \$485 unlimited rank classes & seminars (Flex) / potential of 18hrs of time, 24 classes & 6 seminars
(mandatory for samurai ranks purple and higher)

Beginner Package: \$295 up to 8 rank classes & 1 seminar / 5 hours of time

Drop In Seminar Rate: \$45 pre-registration required

Little Ninja Playdate: Drop in \$30 or package of all 4 classes \$100. Come play this summer at the Dojo. All the fun and games you love during the rank year. Obstacle courses, parachute, relay races, rolls and handstands along with kicks and punches.

TUITION IS DUE BY JUNE 17th & is NON-REFUNDABLE & NON-TRANSFERABLE.

Minimum summer training of 10 rank classes is REQUIRED

for ALL SAMURAI RANKS PURPLE & HIGHER within the advanced package

July

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
9	10	11 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank 7:00-8:00 Elite/Teen	12 5-6:15 Mixed Rank 6:30-7:45 Elite/Teen	13 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank 7:00-8:00 Elite/Teen	14	15
16	17	18 4:45-5:30 LN Playdate 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank 7:00-8:00 Elite/Teen	19 5-6:15 Mixed Rank 6:30-7:45 Elite/Teen	20 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank 7:00-8:00 Elite/Teen	21	22
23	24	25 4:45-5:30 LN Playdate 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank No Class 7-8!	26 5-6:15 Mixed Rank 6:30-7:45 Elite/Teen	27 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank No Class 7-8!	28	29
30	31					

August

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
Closed! No classes this week!						
6	7	8 4:45-5:30 LN Playdate 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank 7:00-8:00 Elite/Teen	9 5-6:15 Mixed Rank 6:30-7:45 Elite/Teen	10 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank 7:00-8:00 Elite/Teen	11	12
13	14	15 4:45-5:30 LN Playdate 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank 7:00-8:00 Elite/Teen	16 5-6:15 Mixed Rank 6:30-7:45 Elite/Teen	17 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank 7:00-8:00 Elite/Teen	18	19
20	21	22 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank 7:00-8:00 Elite/Teen	23 5-6:15 Mixed Rank 6:30-7:45 Elite/Teen	24 5:30-6:15 White-Blue 6:15-7:00 Mixed Rank 7:00-8:00 Elite/Teen	25	26
27	28	29	30	31		First day of Fall – 9/9/24