

July

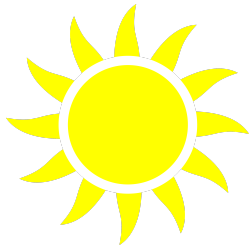
2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	445-530 LN Playdate 530-615 White-Green 615-700 Mixed Rank 700-8 Elite/Teen Star, Bag Work & Blocking	KORE 530-6 Hand Kata 6-630 S.D. 630-7 Kumite Hand grabs & Laps	530-615 White-Green 615-700 Mixed Rank 7:00-8 Elite/Teen Breaking & Adv. Kicking Drills	19	20
21	Black Belt Camp 930-1230	Black Belt Camp 930-1230 445-530 LN Playdate 530-615 White-Green 615-700 Mixed Rank 700-8 Elite/Teen Sai, Sword & Star	Black Belt Camp 930-1230 KORE 530-6 Weapon Kata 6-630 S.D. 630-7 Kumite Chokes	Black Belt Camp 930-1230 530-615 White-Green 615-700 Mixed Rank 700-800 Elite/Teen Rolls, Takedowns, Ground Techniques	26	27
28	29	445-530 LN Playdate 530-615 White-Green 615-700 Mixed Rank 7:00-8 Elite/Teen Handstands, Cartwheels & Jumping	KORE Special Sensei Holzmann Seminar 530-700	530-615 White-Green 615-700 Mixed Rank 700-800 Elite/Teen Star Throwing, Bo, Chucks	2	3

August

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5	445-530 LN Playdate 530-615 White-Green 615-700 Mixed Rank 7:00-8 Elite/Teen All Things Breaking	KORE Special Sensei Holzmann Seminar 530-700	530-615 White-Green 615-700 Mixed Rank 700-800 Elite/Teen Bag Work, Point Sparring	9	10
11	Black Belt Camp 930-1230	Black Belt Camp 930-1230 6-730 Mini Star Tournament Open to all Summer Karate-ka's	Black Belt Camp 930-1230 KORE 530-6 Weapon Kata 6-630 S.D. 630-7 Kumite Takedowns	Black Belt Camp 930-1230 530-615 White-Green 615-700 Mixed Rank 700-800 Elite/Teen Blocking Drills, Powerful Punching	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30 First day of Fall- 9/5/24	31



THE DOJO PARAMUS

Summer 2024

SAMURAI TRAINING SESSIONS

These 45 minute sessions (Elite is 60 minutes) 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 Training Sessions allow the student to train in advanced techniques and topics towards their future ranks. It is a pretty good time!

KORE Wednesday

KORE are 30 minute classes with a specific focus on Kata, Self Defense and Kumite. You can attend one, two or all three sessions on Wednesday. This is the "Kore" of our rotating curriculum that is used in our rank year.

Jr. Black Belt Camp

Black Belt Camp is back!!! This camp is Monday-Thursday 9:30-12:30 for karate-kas ages 5-9. Fun, air conditioned and with your favorite Sensei's. You can expect:
Monday: obstacle course, bag work, star throwing, blocking drills.
Tuesday: rolls, jumps, parachute, nunchucks, and sparring drills.
Wednesday: belt game, relay races, pugil sticks and board breaking.
Thursday: Pizza Party

TUITION:

Samurai Training Sessions & KORE Wednesday:

Advanced Package: \$485 unlimited rank classes & unlimited KORE Wednesday (Flexible Schedule)
Potential of 25hrs of time, 29 classes & 2 seminars

(this package is mandatory for samurai ranks purple and higher)

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

Jr. Black Belt Camp:

Mon-Thurs. 930-1230. \$275 First child/First week. \$225 Second child/Second week.

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 15th & is NON-REFUNDABLE & NON-TRANSFERABLE.

Reminder: Minimum summer training of 10 rank classes is REQUIRED for ALL SAMURAI RANKS PURPLE & HIGHER.