



Sang's Martial Arts

HOSHI-KI KAI / KYOKUSHIN KARATE



Schedule

Note: We are closed on Wednesdays, Sundays and major holidays

Weekly Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>*** 5:00 - 6:00 p.m. Blue, Yellow Belts and above Kata, Self-defense Class Fighting (kumite)</p>	<p>*4:45 - 5:15 p.m. Pee-Wee: 4 - lower 6s Beginners Class Fighting (kumite)</p>	<p>Closed</p>	<p>*** 5:00-6:00 p.m. Blue, Yellow Belts and above Conditioning Class Fighting (kumite)</p>	<p>*4:45 - 5:15 p.m. Pee-Wee: 4 - lower 6s Beginners Class Fighting (kumite)</p>	<p>8:30am - 9:30am Orange Belts & above Kata Class REVIEW Basics</p>	<p><u>Closed</u> Note: Every first Saturday of each Month (Breaking) <u>Pending</u></p>
<p>*** 6:15 - 7:15 p.m. Green, Brown Belts and above Kata, Self-defense Class Fighting (kumite)</p>	<p>*5:30 - 6:30 p.m. Juniors: 7-13 years old Beginners: White and Orange Belts Class Fighting (kumite)</p>	<p>Closed Note: Beginner: White/Orange Tuesday & Friday Class Juniors: 7 to 13</p>	<p>***6:15 - 7:15 p.m. Green, Brown Belts and above Conditioning Class Fighting (kumite)</p>	<p>*5:30 - 6:30 p.m. Juniors: 7-13 years old Beginners: White and Orange Belts Class Fighting (kumite)</p>	<p>9:45 - 10:45am Kyokushin Strategy/Fighting (Adult, Yellow Belts & Above) Invitation Only <u>Pending</u></p>	<p><u>Closed</u> Special Class Private Class Appointment Only</p>
<p>*** 7:20 - 8:20 p.m. General: Beginners & Adv. White Orange and above Adults – 14+ & Up Kata, Self-defense Class</p>	<p>6:45 - 7:30 p.m. Kyokushin Fighting Strategy (kumite) (Junior & Adult) Class</p>	<p>Closed Note: Intermediate: Blue/Yellow Monday & Thursday Class Juniors: 7 to 13</p>	<p>7:20 - 8:20 p.m. General: Beginners & Adv. White Orange and above Adults – 14+ & Up Conditioning Class</p>	<p>6:45 - 7:30 p.m. Bo Class Only "New Hours"</p>	<p>10:45am-11:45am All Ranks General class all color belts <u>Pending</u></p>	<p>Note: *** Monday & Thursday Youth Class: (7-13) Shihan: Blue, Yellow - 5:00 to 6:00pm Green, Brown Belts - 6:15 to 7:15pm</p>
		<p>Closed Note: Advanced: Adv. Green & Up Monday Class Juniors: 7 to 13</p>				<p>Note: * Tuesday & Friday Pee-Wee & Youth Class: (4-5) (7-13) Shihan, Alicia Painter & Hamilton White Belt-5:30PM to 6:30PM Caitlin Sang /Hamilton Holliman Pee-Wee 4:45PM to 5:15PM Shihan & Alicia Painter Orange, Blue Belts - 5:30 to 6:30pm</p>

Programs and Classes Descriptions

CLASS DESCRIPTIONS...

PEE-WEE - (BEGINNERS): *This class focuses on form, basics technique, skills, drills and fitness games for kids. The physical aspects of your child's training will improve balance, endurance, range of motion, coordination, flexibility, and stamina. The mental aspects of your child's training will develop self-respect, confidence, awareness, and focus.*

BEGINNERS: *This class focuses on form and technique basics. White through orange belts is encouraged to attend. Special attention is given to white belts by assistant instructors.*

GENERAL: *This class combines elements found in all other classes except kumite (fighting). Fundamental punches, kicks, and blocks are practiced, along with self-defense, kata (forms) and other techniques.*

ADVANCED FIGHTING REVIEW:

- **KUMITE:** *This class is for yellow belts and above (orange, blue belts may attend on Saturdays if Shihan approved). (Saturday, class Pending). Here we learn timing, shadow-boxing, distance and how to apply strategy / fighting techniques through sparring. Fighting safety gear is mandatory. Students must provide their own.*
- ***Special Note:** *Students must wear their uniform with the Hoshi-Ki Kai or Kyokushin logo (Kanji) to fighting Class.*
- **KATA:** *A kata (formal exercise) is a series of techniques put together in a specific sequence. Each rank is responsible for learning and perfecting the kata specified for their rank (and all kata below his/her rank) with self-defense, and other techniques.*
- **CONDITIONING:** *In this high-energy class, expect to do push-ups, sit-ups, some stretching and various punching/kicking combinations. The goal is to build endurance as well as power and flexibility.*
- **BO TECHNIQUES:** *Bo kata & basics techniques and Bo self-defense techniques.*
- **REVIEW: (New)** *Hoshi-Ki Kai / Kyokushin Basic / Intermediate / Advanced Self-defense techniques and Bo kata & techniques. Also, practical / street self-defense techniques are reviewed to sharpen reaction instincts.*