

5280 Karate Academy Foundation - 2018 Lakewood

Class Schedules As of Jan-Dec 2018	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	A	A	B	B	A & B	A & B
Basic Orientation White	4:00 - 4:45pm	6:15 - 7:00pm	4:00 - 4:45pm	7:00 - 7:45pm	Basic Orientation	11:00 - 11:45am
Little Ninjas'	4:00 - 4:45pm	6:15 - 7:00pm	4:00 - 4:45pm	7:00 - 7:45pm	Little Ninjas'	11:00 - 11:45am
Team Reverence						4:30-6:30pm
Leadership (All Levels)				4:45 - 5:45pm		
Level 1	4:45 - 5:30pm	5:30 - 6:15pm	4:45 - 5:30pm	4:00 - 4:45pm	Level 1	11:00 - 11:45am
Level 2	5:30 - 6:15pm	4:45 - 5:30pm	6:15 - 7:00pm		Level 2	11:45 - 12:30am
Level 3	6:15 - 7:00pm	4:00 - 4:45pm	5:30 - 6:15pm		Level 3	11:45 - 12:30am
Black Belts	6:15 - 7:00pm	4:00 - 4:45pm	5:30 - 6:15pm		Black Belts	11:45 - 12:30am
Black Belt Conditionals	6:15 - 7:00pm	4:00 - 4:45pm	5:30 - 6:15pm			
Sparring				5:45 - 7:00pm	Okinawan Karate	1:30 - 3:30pm
					2nd Degree & Up	3:30 - 4:30pm
					Team Reverence	4:30-6:30pm
Leadership Tutoring Class and Special Classes TBA						
Special Events						12:30 - 1:30pm
Orientation Curriculum						
Hand Techniques	Back fist	Front punch	Reverse punch	Ridge hand	Overhand back fist	
Kicks (white)	Front kick	Back leg front	Side kick	Pedal step	Step behind side	
Kicks (gold)	Push/thrust kick	Crescent kick	Axe kick	Round kick	Hook kick	
Stances	Front stance	Back stance	Fixed stance	Cat stance	Horse stance	
Pushups	Belt level amount					
Splits	Belt level count					
Count Kicks	3ct front kick	3ct round kick	4ct side kick	5ct side kick	4ct hook kick	5ct hook kick

1 Positive Self-Confidence:

As a winning black belt, I know who I am and where I am going. I have an overall attitude of personal optimism and enthusiasm. I effect my environment rather than letting my environment affect me. As a black belt, I have the ability to be happy and to function in the world, while showing appropriate conduct and good manners.

2 Postitive Commitment:

As a winning black belt, I have the ability to accomplish anything I am willing to work to achieve. I am a winner because I have HIGH EXPECTATIONS of myself and I work to achieve those outcomes. I commit to my dreams and I know I must work diligently and tirelessly to achieve them. I will rise above the crowd and achieve great heights.

3 Positive Personal Responsibility:

As a winning black belt, I accept 100% responsibility for my own actions and for the outcomes in my own life. I do not "externalize" my failures; instead I take full responsibility for my own performance and results. Responsibility also means making decisions based upon my own moral compass, not based upon the tides and whims of those around me.

4 Positive Personal Honesty:

As a winning black belt, I understand that honesty is more than simply avoiding lies. It includes a belief in the pursuit of the truth. Events will not alter my understanding of right and wrong or of truth and fallacy. As a winning black belt I understand that in order to have healthy relationships with other people, honesty must be present.

5 Positive Respect and Self-Control:

As a winning black belt, I understand that respect represents a sincere appreciation of the values and the rights of other people. I understand that in order to respect others, I must respect myself by avoiding habits and behaviors that are unhealthy or destructive. I must control my physical and mental state so that I will have the ability to maintain a relaxed alertness, thereby maximizing my ability to respond quickly and appropriately in any situation.

6 Positive Success:

As a winning black belt, I dwell on the rewards of success, not on the penalties of failure. I understand that life is a self-fulfilling prophecy – I will get what I actively expect over the long run. Whatever I can do, or dream I can...I will begin it. Boldness has Genius, Power, and Magic in it. Do or Do not there is no try... I will not be intimidated by the negative reactions of others – nor will I become mired in mediocrity.

7 Positive Visualization:

As a winning black belt, I practice, mentally rehearse, and visualize the successful outcomes of my activities. My mind cannot tell the difference between what is real and what is vividly imagined. I pre-play and re-play my performances in my mind to anchor success and minimize failure. Positive self-motivation arrives through visualizing my desires while limiting my fears.

8 Positive Motivation:

As a Winning Black Belt, I understand that motivation comes from focusing on the long-term results I desire, not the daily disappointments and struggles I might encounter. I will always move in the direction of my current dominant thoughts. I control my "inner dialogue," creating a supportive conversation within myself. This supportive inner dialogue will nurture my goals and my energies.