**GOETHE INTERNATIONAL CHARTER SCHOOL VOLUNTEER ENRICHMENT OFFER**

**“INTRODUCTION TO MARTIAL ARTS”**

**INSTRUCTOR / SENSEI: MARK S. COHEN**

**DAY AND TIME: TUESDAYS 3:00 – 4:00pm**

**START / END DATES FOR THE FIRST SESSION: WEEK OF SEPTEMBER 277t TO WEEK OF NOVEMBER 15th**

**LOCATION: GOETHE CAMPUS (EXACT LOCATION TBD, POSS. GOETHE GARDEN)**

STUDENTS WILL SIGN INTO GICS AFTERCARE, CHANGE AND THEN ASSEMBLE FOR CLASS

THERE WILL BE A 5 MINUTE BREAK AT 30 MINUTES.

**CLASS OVERVIEW:**

*[NOTE: SOME ADDITIONAL ELEMENTS WILL BE INCLUDED IN THE CLASS THIS YEAR – E.G. APPROPRIATE RESPONSES TO BULLYING.]*

THE STYLE AND TYPE OF KARATE THAT WILL BE TAUGHT IS A DERIVATIVE OF “KENPO KARATE” THE OFFICIAL NAME IS: HAWAII TE-KEN JUTSU KAI AND CAN BE TRANSLATED TO “SPIRIT – BODY – MIND”.

I HAD THE PRIVILEGE TO STUDY MARTIAL ARTS UNDER (RED SASH) KARATE MASTER THOMAS TAKAMASA . WITHIN A COUPLE YEARS, I BECAME ONE OF MASTER TAKAMASA’S HEAD INSTRUCTORS.

OVER A SPAN OF 15 PLUS YEARS, I TAUGHT KARATE TO MULTIPLE CLASSES FOR BOTH ADULTS AND CHILDREN. THE CLASS WILL BE TAUGHT IN 3 DIFFERENT PHASES:

1. “KIHON” BASICS: STARTING WITH MARTIAL ARTS RELATED MOTOR SKILL DRILLS AND TECHNIQUES – STRETCHING – CALISTHENICS – SOME BASIC KARATE MOVEMENTS –INTRODUCTION TO MEDITATION – LEARNING AND RECITING BASIC KARATE BY-LAWS.
2. “KATAS” FORMS: START BY LEARNING SEQUENCED MOVEMENTS (SINGLE & PAIRED), IMPLEMENTING BASIC KARATE SKILLS.
3. “KUMITE” SPARRING: INTRODUCTION TO ONE ON ONE COMBAT – NOT FULL CONTACT – DEPENDING ON CERTAIN SKILL LEVELS, SOME CONTACT MAY BE NECESSARY.

**REQUIRED UNIFORMS AND MISC. GEAR:**

KARATE GI / UNIFORMS ARE PREFERRED IN (WHITE) WITH WHITE TRAINING BELT.

***NOTE: WE CAN ORDER GIs AT A DISCOUNT AGAIN THIS YEAR – PLEASE HAVE STUDENTS BRING $12 IN CASH TO FIRST CLASS, ALONG WITH INFO ON REQUIRED SIZE – THANKS!***

ALTERNATE; LOOSE FITTING SWEAT PANTS / SPORTS TOP LYCRA, CAPRI ETC. (NO COTTON).

FOOTWEAR: TENNIS SHOES ARE ACCEPTABLE. DEPENDING ON TRAINING SURFACE BARE FEET MAY BE NECESSARY. RUBBER THONGS / FLIP FLOPS / CROCS FOR AFTER TRAINING.

SPORTS / TOTE BAG, YOGA MAT OR SIMILAR, HAND TOWELS

PLENTY OF WATER / FAVORITE SPORTS DRINK

MISC. PROTECTIVE GEAR:

ARM /FOREARM PROTECTION / SHIN GUARDS. MAY BE NECESSARY FOR SOME BASIC SKILLS.

DEPENDING ON CLASS SIZE, BASIC TRAINING GEAR WILL BE PROVIDED BY INSTRUCTOR.

ADVANCED ONLY: ATHLETIC SUPPORTER AND PROTECTIVE CUP, PROTECTIVE HEAD GEAR,

MOUTH / TEETH GUARD.

SOME STUDENTS WILL EXPERIENCE SORENESS AND SOME STIFFNESS AFTER THE FIRST SEVERAL CLASSES. STUDENTS MUST CONTINUOUSLY HYDRATE TO HELP ALLEVIATE CRAMPS AND SORENESS.

STUDENTS WILL BE CONTINUOUSLY MONITORED AND ASSESSED FOR PROGRESS AND SKILLS.

CERTAIN STUDENTS MAY HAVE INDIVIDUAL PROGRAMS DESIGNED AS NEEDED.

PERIODIC PROGRESS REPORTS WILL BE PROVIDED TO PARENTS ON STUDENT SKILLS AND BEHAVIOR.

DEPENDING ON DURATION OF PROGRAM, THERE MAY BE A LEVEL ADVANCEMENT CEREMONY PROVIDED.

MARK, SENSEI “TE-KEN JUTSU KAI”

**HOW TO SIGN UP:**

PLEASE FILL OUT BELOW INFORMATION AND SEND IT TO Cohen.Edith@gmail.com

PLEASE ALSO REMEMBER THAT YOUR CHILD(REN) MUST BE PREREGISTERED FOR GICS AFTERCARE TO PARTICIPATE AT THE REGULAR $7.50/HR RATE, OTHERWISE THE HOURLY DROP IN COST WILL BE $12/HR

SLOTS WILL BE FILLED ON A FIRST COME FIRST SERVE BASIS, IF NECESSASRY A WAITING LIST WILL BE CREATED, ALSO ON A FIRST COME FIRST SERVE BASIS

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**REGISTRATION FOR GICS VOLUNTEER ENRICHMENT MARTIAL ARTS CLASS WITH MARC COHEN (WEEK OF SEPTEMBER 27th TO WEEK OF NOVEMBER 15th, 2011)**

STUDENT NAME:

GRADE/CLASS:

PARENTS’ NAMES:

PARENT CONTACT INFORMATION:

HOME ADDRESS:

HOME TELEPHONE:

MOBILE PHONE:

EMAIL:

PARENT SIGNATURE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PLEASE ALSO LIST ANY PRIOR EXPERIENCE THE STUDENT(S) MAY HAVE HERE: