

There's a **MASSIVE** amount of stuff to learn to be a well-rounded Martial Artist! Our Kids Karate & Advanced Karate include techniques from classical Okinawan Karate, as well as Japanese Jujitsu, Krav Maga, and European Kickboxing. This means we have to be particular about how we deliver content to ensure you're not missing anything!

So, we've come up with our very own **ROTATING CURRICULUM**! Each week, students in each class will cover a specific topic, with the lesson content changing based on the age group and experience of students being taught. These topics are....



The focus topic remains the same all week at both locations, so if you miss one class you can make it up at another lesson that week! The content may be slightly different, so if you're doing multiple classes each week you'll have a chance to not only perfect that skill, but add to it as well!

This four week rotation means that our Kids Karate students get two goe at everything before their grading at the end of each term.

This "graduation" week involves a culmination of all the skills we've worked on to ensure the techniques have been effectively added to the student's repertoire.

Teens and Adults students also benefit from this "graduation week" - they'll get an opportunity to test that what they're learning has sunk in, and practice the drills required to showcase the skills required for their grading.