

The Test Cycle—We are Strong not Weak

Our testing process is based on ten testing cycles during the year. Each cycle is five strong (weeks). The last two strongs of the year are not part of the testing cycle. Each test cycle we study a theme which integrates the key principal into the class lesson. Each Group learns the same technique on each Strong every cycle.

- Screaming Eagles' focus is listening, focus and concentration.
- Children learn or review one technique a Strong,
- Teens learn or review two techniques per strong
- Adults learn or review three techniques per strong.

Screaming Eagles— New form every cycle

Kids— 4 Techniques a Belt

Teens—8 Techniques a Belt

Adults—12 Techniques a Belt

Black Stripes: Show progress in their current rank. Each stripe indicates a higher level of proficiency

White Stripe: Indicates the student is advanced at their current belt level and should be ready to test for their next belt the next cycle.

Red Stripe: Indicates they passed their belt test and just waiting to receive their new belt at belt graduation.

Strong One: Starts the Monday after Stripe Test Strong (Strong Five). We get right into the new curriculum requirements for students. We begin breaking down and explaining each technique and form based on the systematic class plan.

Strong Two: Students learn their Strong Two curriculum.

Strong Three: Students learn their Strong Three curriculum.

Strong Four: Students continue to perfect their skills while learning or perfecting her or his Strong Four material. The Intent to Promote Forms are now being returned by the students and the instructors are compiling the information. The Head Instructor is also observing those who have been recommended for stripe or belt promotion and the attendance requirement is met. There are three categories considered.

1. Has he or she developed his or her skills to the best of his or her personal abilities?
2. Has he or she attended the required minimum number of classes?
3. Has he or she grown in their confidence, positive mental attitude and self discipline?

Strong Five: Monday and Tuesday is pre-test. Wednesday and Thursday are Stripe Test days for those eligible for a stripe or a new belt. Anyone not testing spends the Strong reviewing and improving on their material. If they receive a black or colored stripe then the process is complete. If they receive their red stripe they have qualified for a new belt and need to return that Friday for Belt Graduations.

For Stripe Test MUST be in: Karate top or Karate t-shirts—karate pants—belt

For Belt Graduation MUST be in FULL UNIFORM: Karate top—karate pants—belt



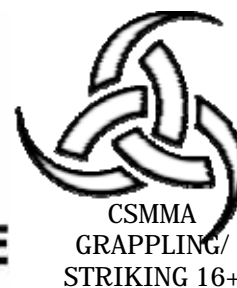
Attendance -- A Master Key to Success

Attendance is the key to any student's success. PLEASE BE CONSISTENT IN ATTENDANCE. Everyone experiences motivational challenges once in a while including us. Keep us informed early of any challenges. *"We would rather put out a match than a forest fire."* Communications is a Master Key to SUCCESS!

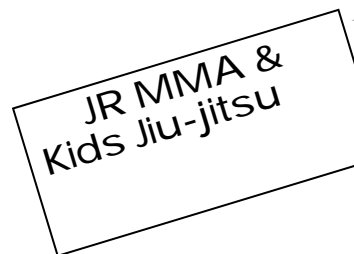
Class Schedule Effective September 1, 2011



www.morethankicks.com



**Blackstar's
HealthKICKS**



Kixnastics

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	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Screaming Eagles	3:30 PM	5:45 PM	3:30 PM	5:45 PM	3:30 PM	9:30 AM
Kids Beginners W, Y & O	4:00 PM	4:15 PM ----- 6:15 PM	4:00 PM	6:15 PM	4:00 PM	10:00 AM
Kids Intermediate P, B & G	6:30 PM	5:00 PM	6:30 PM	5:00 PM	Cancelled Strong 5 (Testing)	10:45 AM
Kids B, R, R/B & Under BB Teens	5:45 PM	3:30 PM	5:45 PM Gear Required	3:30 PM	Competition Forms 5:00 PM	10:45 AM
Black Belts	5:00 PM		5:00 PM 6:30 PM		Sparring for All 5:45 Gear Required	10:45 AM
Kenpo Teens	5:45 PM	7:00 PM	5:45 PM Gear Required	7:00 PM		10:45 AM
Kenpo Adults		7:00 PM		7:00 PM		
Kids Sparring Gear Required			5:45 PM	4:15 PM	5:45 PM	
	Blackstar's HealthKicks 6 AM 12 Noon Tae Bo® 8:30 am 7:30 PM Core Fusion 10:30 AM Home School 11 AM Kidz Jiu-jitsu 5 PM Jr. MMA 17&under 6:30 PM	Boot Camp With Candy Williams 9:15 AM CSMMA 18+ 8:30 PM	Blackstar's HealthKicks 6 AM 12 Noon Home School 11 AM Tae Bo® 8:30 AM 7:30 PM KixNastics 5 PM Jr. MMA 17&under 6:30 PM	Core Fusion 10:30 AM CSMMA 18+ 8:30 PM	Blackstar's HealthKicks 6 AM 12 Noon 7:30 PM PM Class 2nd & 4th Friday Tae Bo® 8:30 AM Advanced Tae Bo® 7:30 PM PM Class Typically 1st and 3rd Friday* *Except Belt Graduation Check Schedule	Tae Bo 8:30 AM Comp Weapons Practice 11:30 AM CSMMA 18+ 12:30 PM Kidz Jiu-jitsu & Jr. MMA 17&under 2PM

Schools Out—We are In
All-Day Activities
 Days they are out
After-School
 By the Day or Week
Camp
 Summer Spring/Winter Breaks
 Sign-up Required

 **Coral Springs Mixed Martial Arts**
 18+
 Tuesday & Thursday 8:30 pm
 Saturday 12:30 pm
 Extra Fee &
 Family Specially-Pricing Applies

 **Core-fusion 16+**
With Patricia
 Extra Fee Applies
 Family Specially-

 Tae Bo® was designed as a different type of aerobic and cardio workout concept. which is focused on the soul, mind and body.

Blackstar's HealthKICKS 16+
 954-854-8884
 Extra Fee Applies
 Family Specially-Pricing Applies

 **Coral Springs Jr Mixed Martial Arts 17 & under**
 Monday & Wednesday 6:30 PM & Saturday 2 PM
 Extra Fee & Family Specially-Pricing Applies

Competition Team
 Friday 5 PM—6:30
 Saturday 11:30
Cancelled during Competition
 You **MUST** compete if attending & and must attend if competing

Stripe Test
Strong 5 on
Wednesday or Thursday
 during regular class

Belt Graduation
Strong 5 on
 Friday at 6:30 pm
Following
Classes Cancelled
 Sparring

Demo Team
 Friday 6:30—7:30
 5:45 on Strong 5

Parents' Nite Out
 Friday Strong 5
 7:15-10:00
 \$15 2 for \$20 3 for \$25
 BBC \$10 2 for \$15 3 for \$20

Kixnastics Monday 5 PM

Kidz Jiu-jitsu
 Grappling/Jui-Jitsu
 Mon 5 PM
 Extra Fee Applies