



TRAINING SCHEDULE

Effective from June 2024

MON	TUE	WED	THU	FRI	SAT	SUN
Kids Karate General Training Required for Grading 8-12/13 years 5:15 - 6:15PM	Little Dragons General Training 4-7 years 5:15 - 6:15PM	Little Dragons General Training 4-7 years 5:15 - 6:15PM	Little Dragons General Training 4-7 years 5:15 - 6:15PM	Combined Kumite Sparring Preparation, Skills, & Matches 8 years + & Teen/Adults All Levels 5:30 - 7PM	Little Dragons General Training 4-7 years 8:50 - 9:20AM	SCHEDULED ON CALENDAR Email Reminder will be sent out prior. Senior Training Purple Belt & Above Required for Black Belt FREE CLASS 7:30 - 11AM
Little Dragons General Training 4-7 years 6:20 - 6:50PM	Kids Karate General Training Required for Grading 8-12/13 years 5:50 - 6:50PM	Kids Karate General Training Required for Grading 8-12/13 years 5:50 - 6:50PM	Kids Kumite Sparring Preparation, Skills, & Matches 8-12/13 years 5:50 - 6:50PM		Kids Karate General Training Required for Grading 8-12/13 years 9:30 - 10:30AM	Senior Grading As per calendar Prearranged with Sensei Noonan
Teen-Adults General Training Required for Grading 13/14 years & above 7:00 - 8:30PM	Teen-Adults General Training Required for Grading 13/14 years & above 7:00 - 8:30PM	Kumite Sparring Preparation, Skills, & Matches Advanced Kids + Teen-Adults 7:00 - 8:10PM	Kobudo Traditional Weapons Kids/Teen-Adults FREE CLASS 11 years & above 7:00 - 8:30PM		Family + Teen-Adults Combined Class Children accompanied by parents + Teen-Adults 10:40AM - 12 NOON	Fight Day Kids + Teen-Adults Kumite Matches with protective equipment FREE CLASS 7:30 - 11AM
			Grading As per Calendar Invitation Required An email will be sent out 7PM SHARP		Grading As per Calendar Invitation Required An email will be sent out 1PM SHARP	Advanced Kumite Serious Competitors All Ages
						Tournament Preparation Pre-Tournament Education FREE CLASS
						Tournaments Held in various locations Entries due prior

WHAT CLASSES SHOULD I DO?

All classes and programs are designed by Michael Noonan Sensei, 7th Degree Black Belt, Kyoshi (Professor), world renowned instructor. Noonan Sensei is an Advisor to the Chito Ryu Third Generation Soke (Head of Style in Japan), the Australian Chief Instructor, European Technical Director, and sits on the ICKF International Board.

Noonan Sensei's Teaching Team is composed of advanced students with more than 10 years direct training from him, in addition to training in Japan, and international competition experience.

Karate training is an effective way of preparing people of all ages for the challenges of life. Karate above all other Martial Arts has this as a founding philosophy, and therefore goes beyond kicking and punching.

Little Dragons 4 -7/8 year olds

These classes are specifically designed for younger children. Classes are highly structured, with repetitive exercises being a staple. There are some elements of fun, however, they are designed to produce a young student ready to confidently advance to the next level, namely Kids Karate (8-12/13 years); where they will begin to learn more advanced techniques, along with the skills required for Bogu Kumite (protective sparring) and build the confidence required to compete, if desired. Little Dragons have their own belt system designed to reward continuation and persistence.

MENTAL OUTCOMES:

- Ability to follow instructions
- Ability to stay focussed for 30 minutes
- Ability to push beyond perceived limits
- Elements of personal discipline
- Confidence through improvement and strength

PHYSICAL OUTCOMES:

- Increased coordination
- Increased strength, especially in the legs and core
- Improvement in speed
- A limited range of Karate technique

Kids Karate 8 – 12/13 year olds

These classes are specific to the age group, but with a wider range of challenging activity, dependent on the physical condition of the child when they start. Classes are designed to provide a broader base of Karate techniques than the Little Dragons' classes, and include elements of Bogu Kumite (protective sparring). Ultimately, these classes progress the student into the Teen/Adult class, which will take them through to Black Belt. At the Kids Karate level, the belt system is the same as the Teen/Adults, gradings are performed regularly, and students are expected to do some of their own practice and preparation for those gradings.

MENTAL OUTCOMES:

- Self-discipline
- Resilience, persistence and perseverance
- Ability to push themselves beyond their own expectations and perceived limitations
- Self-esteem through achievement
- Self-confidence through understanding their progress and being able to defend themselves

PHYSICAL OUTCOMES:

- Increased strength (especially core strength) and flexibility
- Timing and distancing (particularly through Kumite practice)
- Power in technique, they will be able to eventually handle bullies much bigger than them
- Speed, both in technique and footwork

Teen / Adults 13/14 years and up (no age limit)

These classes are designed to teach an extensive range of Karate techniques and build a mind and body required to achieve the Black Belt level. Classes include, martial art's philosophy and history, and deep explanations of how to perform and execute techniques. In addition, there is more partner work, including knife defence and a variety of hand-to-hand combat techniques. Physical training is at a more advanced level than the Kids Karate classes. There exists a strong community /Dojo bond in these classes

MENTAL OUTCOMES:

- Stress relief and overall better mental health
- Greater resilience, perseverance and persistence
- The understanding of a martial mindset
- Confidence, self-awareness and self-esteem

PHYSICAL OUTCOMES:

- Strength improvements, particularly core strength
- Flexibility, overall joint health
- Self defence capable
- Weight loss and generally feeling more energised

Kobudo, Traditional Weapons Training (FREE CLASS) Teen / Adults

These classes use traditional weapons, such as Bo (staff), Sai (three pronged dagger) and others. They are generally smaller classes, so there is a lot of personal attention. Throughout the centuries Kobudo and Karate have always been practiced in tandem, and Kobudo provides the perfect complement to Karate training. Kobudo has its own grading system.

Kumite Classes, Bogu Kumite, Sparring with Protective Equipment, 8 Years and Older (There are Kids specific classes as well as mixed groups)

Don't be afraid, everyone that does these classes ends up loving Kumite, especially the kids, as it is a safe controlled environment. People of all ages, including 50+years benefit from these classes. The students learn the key elements in Kumite; timing, distancing and footwork, in addition to the mental aspects of sparring and competition. They are physically challenging and very rewarding. Those that wish to take Karate to another level and try competition can join the TKI Dojo team, Tasseikan Team. We are a Founding Member of Bogu Kumite International.

Fight Day, 8 Years and Older (Refer to Calendar for Dates, Usually Once a Month)

Although Karate was not originally designed for fun, these are fun days. They compose of basic Kumite training for a warmup, and then go on to sparring with protective equipment (Bogu Kumite). A safe environment where you get to see some amazing, advanced fighters, and get to try it for yourself. There are multiple fights for each student and Refereeing Training for advanced students.

Senior Training, Purple Belt and Above

Compulsory for those wanting to challenge for their Black Belt. Advanced Kata, advanced concepts and advanced basic training. Henshuho, Nage no Kata (throwing and joint locking). The benefit of these sessions cannot be underestimated. People travel from all over Australia to have Noonan Sensei teach them, and he is welcomed all over the world, don't take these classes for granted.

Gradings, As Per Calendar, Held Multiple Times Per Year

Once in the Kids Karate or Teen / Adults classes, students must challenge for their gradings. Prior to attending a student must be invited, generally you will receive an email and a green stripe will be placed on your belt. You must have completed the adequate number of lessons in class, in addition to a minimum period. It is essential that you make yourself aware of the requirements (listed in the Dojo), and you take time to practice (at home) in order to be prepared. The Karate Institute is not a Martial Arts centre that gives away belts to satisfy students or parents, each belt must be earned. Gradings can take 3-4 hours and are held on a Thursday evening or Saturday afternoon.

Tournament Preparation Days, As Per Calendar

As a Dojo we participate in Dojo, local, state, national and international tournaments. Your Dojo has many World Champions! These sessions are run to get students familiar with competition, what is expected of them, what they can expect, and the rules. Senior students are present to demonstrate and explain the requirements. We are a founding member of Bogu Kumite International, an international and multi-style association.