

Kempo Academy Evolution Class Schedule Fall 2018 Good from Aug 20, 2018 — Dec 21, 2018

Rev 8/09/18

Kempo Academy Evolution

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			8:15—9:45 Masters Class		
3:45—4:30 <u>Ninja Time</u>					
4:30—5:15 Beginner level class ages 5—11 The Warrior's Path	4:15—5:00 <u>Ninja Time</u>	4:15—5:00 Beginner level class ages 5—11 The Warrior's Path	4:15—5:00 <u>Ninja Time</u>	3:45—4:30 <u>Ninja Time</u>	8:30—9:15 Kempo Workout
5:15—5:45 Sparring	5:00—5:45 Intermediate and Advanced class Ages 6—11 Kempo Warriors	5:00—5:45 Intermediate and Advanced class Ages 6—11 Kempo Warriors	5:00—5:45 Intermediate and Advanced class Ages 6—11 Kempo Warriors	4:30—5:15 Basics and Review class	9:15—10:00 Open Dojo
5:45—6:30 Intermediate and Advanced class Ages 6—11 Kempo Warriors	5:45—6:30 Beginner level class ages 5—11 The Warrior's Path	5:45—6:30 Sparring	5:45—6:30 Beginner level class ages 5—11 The Warrior's Path		10:00—10:45 Beginner level class ages 5—11 The Warrior's Path
6:30—7:15 Black Belt Class	6:30—7:15 Kempo Workout	6:30—7:15 Black Belt Class	6:30—7:15 Kempo Workout		10:45—11:15 Sparring
7:15—8:00 Jr. Adult/Adult Kempo Karate Class		7:15—8:00 Jr. Adult/Adult Kempo Karate Class			10:45—11:30 Intermediate and Advanced class Ages 6—11 Kempo Warriors
8:00—9:00 Masters Class					11:30—12:15 Black Belt Class

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2018 Studio Class Descriptions

Ninja Time—3—5 year olds.

This class is a fun after school class. The kids come in and play martial arts games like tug of war, obstacle courses, dodgeball, and Ninja Hockey. They get to use soft foam weapons. This program is about blowing off steam after a long school day. These classes are not part of the Kempo Evolution System, and there is no curriculum. The kids are awarded a striped white belt each year on their birthday. A uniform is not required for this class. There will be introductory Martial Arts taught in this class. On the physical side, they will exercise, and do basic punches and kicks. On the Behavior side, they will learn dojo etiquette, respect for themselves and others, self control, and listening skills.

Beginner Level Class—Ages 5—11 The Warrior's Path

This is the first step in our **Kempo Evolution Curriculum**. These students are beginning a belt progression that culminates in earning a **Blue Belt**. Classes are taught in a rotating curriculum from Sep 1—June 30. There are 4 rotations during the school year. Students at this level may earn their first 4 belts during this year. Regardless of belt color, all students will be working on the same things in class. Since the material is all at a beginners level, a student may join the classes at any time. Instructors will be keeping attendance and recording every student's progression through the curriculum. Students will receive a Leadership and Character Development Project at the start of each rotation. Three stripes are required in order to advance to a belt test. The stripes are awarded based upon completion of the Leadership and Character Development Project, Knowledge of the curriculum material, and progression in fitness and basics. Only the instructors can award stripes, and the award is based upon their evaluation of the students progress. When the student has completed this curriculum for the Beginner Level, they can then proceed into the next level. In July and August, students will take The Traditional Kempo Evolution Group Class and focus on reviewing the material they have, and learning new material in the Beginner Curriculum.

Intermediate and Advanced Level Class Ages 6—11 Kempo Warriors

This is the Second step in our **Kempo Evolution Curriculum**. These students are beginning a belt progression that culminates in earning a **Junior Black Belt**. Classes are taught in a rotating curriculum from Sep 1—June 30. This is a 2 year curriculum. There are 8 total rotations during two school years. Students at this level Start at the rank of Blue Belt, and continue all the way to Junior Black Belt. Regardless of belt color, all students will be working on the same things in class. All of the material in this curriculum is accessible to intermediate and advanced level students. A Student at the beginner level who is ready to test for Blue Belt may join this curriculum at anytime during the year. Instructors will be keeping attendance and recording every student's progression through the curriculum. Students will receive a Leadership and Character Development Project at the start of each rotation. Three stripes are required in order to advance to a belt test. The stripes are awarded based upon completion of the Leadership and Character Development Project, knowledge of the curriculum material, and progression in fitness and basics. Only the instructors can award stripes, and the award is based upon their evaluation of the students progress. Students will receive a homework project at the start of each rotation. When the student has completed this curriculum, They can then proceed into the next level. In July and August, students will take The Traditional Kempo Evolution Group Class and focus on reviewing the material they have, and learning new material in the Intermediate and Advanced Curriculum.

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Black Belt Class

This class is for all students who are at the rank of Jr Black Belt or higher. Each student in this class will train on the specific material needed for their rank and as always.....comprehensive practice and review of all Kempo Evolution Material.

Sparring

Sparring classes are open to all students. If you are a member of the Kempo Warriors Curriculum, there is no additional charge for attending, but you will need to purchase your sparring gear from Kempo Academy Evolution. If you attend Kempo classes 1 day per week or you are not a Kempo student, but wish to learn sparring, please see your instructor to inquire about class fees.

Kempo Workout

This class is for Anyone ages 16 and up. Think somewhere between Kickboxing, Bootcamp, MMA drills, and P90X. That should give you an idea of what this class is all about. It is a great workout, and awesome at getting rid of stress. Sign up for class 90 days at a time.

Jr Adult/Adult Kempo Karate Class

This class is for students ages 12 and up. This is the Original Traditional Kempo Evolution Curriculum and Group Class.

Open Dojo

This class is held Saturday mornings. It is a Traditional Kempo Group class open to all ages. It's a great class for families to take together.

Basics and Review

All of your Kempo Moves are built from basic movements. This class is dedicated to improving the strength, speed, and quality of your basics. All of your Kempo moves will benefit from this class. This class is open to all students in the Kempo Evolution Curriculum.

Masters Class

This class is taught by Master Douglas DeBarger. It is for all instructors, Black Belts above 1st Degree, Students who have earned Black Belts in other systems. Any Adult who wishes to come in and learn Self Defense. This class is taught for the purpose of auditing the granular details of the Kempo Curriculum. The goal is to improve the students ability to realistically and capably execute the Kempo Movements.

Semi Private Classes

Student to teacher ratio of 4:1. This class is available by registering for semi-private lessons, and then scheduling each class with your instructor.

Private Classes

Student to teacher ratio of 1:1. This class is available by registering for private lessons, and then scheduling each class with your instructor.