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Extra-curricular program

Class # 1: The control of my emotions (Discipline sticker)

-Group Warm-Up: Jumping, Running, Jumping Jack, stretching.

-Kata Practice

-End Class Game: Anger and bullying control

-Word of the week: Politeness

Class # 2: Focus rules: the eyes, the mind, the body (Effort sticker)

-Group Warm-Up: Concentration game with the Blocker and target

-Kata Practice

-End Class Game: Combo practice on the Blocker and Target

-Word of the week: Respect

Class # 3: 3 Plus of the maximum, higher, faster, stronger!

-Group Warm-Up: Colour association with focus pad

-Kata Practice

-End Class Game: Relay race with focus pad

-Word of the week: Kindness

Class # 4: 3 Power of the black belt, control, confidence, concentration

(1st black sticker)

-Group Warm-Up: Instruction expert game.

-Kata Practice

-End Class Game: Practicing control and precision with exercise balls

-Word of the week: Perseverance

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Class # 5: A black belt never give up

-Group Warm-Up: Elimination Race

-Kata Practice

-End Class Game: Breaking the boards and establish the record for the last class of the session

-Word of the week: Gratitude

Class # 6: Success formula, Effort + Practice = Success (2nd black sticker)

-Group Warm-Up: Building the musical kata

-Kata Practice

-End Class Game: Musical kata show

-Word of the week: Generosity

Class # 7: A future black belt mindset

-Group Warm-Up: Kicking maze.

-Kata Practice

-End Class Game: Practicing power combo on high impact shield

-Word of the week: Set your goals

Class # 8: The precision of a good student (Giving the 3rd black sticker)

-Group Warm-Up: Exercise contest, healthy competition.

-Kata Practice

-End Class Game: Nunchaku training

-Word of the week: Family

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Class # 9: Become a better person, respect, kindness, politeness

-Group Warm-Up: Teamwork (cooperation)

-Kata Practice

-End Class Game: Foam sword training

-Word of the week: Enthusiasm

Class # 10: Never less, always more! (Giving the red sticker)

-Group Warm-Up: Elimination race.

-Kata Practice

-End Class Game: Break the boards and try to beat the previous record

-Word of the week: Doing the most important thing first