

Effective September 1, 2021



East Coast Karate

of the YOCUM INSTITUTE

Yocum INSTITUTE
for ARTS EDUCATION

2021-2022 SCHEDULE

INTRODUCTORY MARTIAL ARTS CLASS

Instructor: Mrs. Logue

****All new East Coast Karate martial arts students, ages 6-adult are required to participate in an introductory class****

Our traditional martial arts program develops MIND-BODY-SPIRIT. Our program teaches skills to protect oneself and the confidence to do so. Positive attitudes are created, self-discipline develops, responsibility increases, and the ability to be persistent allows success. Our students gain focus, respect, and enthusiasm. Consistent participation in our program leads to success in other areas of life. Our introductory class is designed to introduce you to what we do in our program and is open to students ages 6 through adult. Students should come in comfortable exercise clothes (long pants and t-shirt). Participants will be in their bare feet. No uniform is required for the introductory class.

Once students have completed this one time class, they are able to attend classes for the rest of the month at no extra cost for classes, if desired. A uniform must be purchased to continue to attend classes for the month. The cost of the uniform is \$20 and will be charged through the account on file.

Registration will need to take place on the first of the next month to not incur additional charges. More information on placement in classes will be given to families/students during the introductory class. Upon registration for classes, students will be required to purchase a uniform to be worn in all classes. The cost of the uniform is \$20 and will be charged through the account on file. Students will choose one section of the recommended class and attend on the designated weekdays scheduled.

Every third Monday of the month, 6:00 - 6:45pm | \$15.00

LITTLE KUMA, Ages 3-5

Instructors: Mrs. Logue, Mr. Stettler, and Mr. Barto

****New Little Kuma students are accepted for enrollment from the 1st to the 5th of each month.****

"Kuma" means bear in Japanese. The objective of this program is to develop karate skills and life skills in a safe, fun, and controlled environment. The format includes developing each child in the following areas: self-control, respect, focus, listening, paying attention, teamwork, self-confidence, balance, physical fitness, and following directions. All this will be done utilizing games, skills and drills, and age appropriate activities. The students will have their own belt system and rank requirements. A uniform is required and will be charged to the parent account on file. Students will choose one section and attend on the two designated weekdays scheduled.

Monday | Wednesday, 5:00-5:30 pm Section A
OR Tuesday | Thursday, 5:45-6:15 pm Section B

\$60 per month/ongoing through August 31, 2022

PLEASE NOTE: The student family is responsible for signing and turning in Our Financial Responsibility Policy form by the first class

MARTIAL ARTS BEGINNER KIDS, Ages 6-12

Instructors: Mr. Dalton, Mr. Barto, Mr. Stettler, Mrs. Logue

This class is open to students ages 6 through 12 and belt levels white and yellow. Students will choose one section and attend on the two designated weekdays scheduled.

Monday | Wednesday, 6:15-7:00 pm Section A
OR Tuesday | Thursday, 6:15-7:00 pm Section B

\$100 per month/ongoing through August 31, 2022

PLEASE NOTE: The student family is responsible for signing and turning in Our Financial Responsibility Policy form by the first class.

****All NEW students must complete an introductory class prior to registering for classes.****



To register visit YocumInstitute.org

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ORANGE BELTS AND INTERMEDIATE STUDENTS,

Ages 6-12

Instructor: Mr. Dalton

This class is open to CURRENT students ages 6 through 12 and belt levels orange, blue, green, and green stripe. Sparring equipment is required and will be purchased through the department and charged to the parent account on file. Beginning weapons training may also occur at this level, loaner weapons are available.

Monday | Wednesday, 5:30-6:15 pm

\$100 per month/ongoing through August 31, 2022

PLEASE NOTE: The student family is responsible for signing and turning in Our Financial Responsibility Policy form by the first class.

MARTIAL ARTS ADULTS, Ages 13 and up *All Ranks

Instructors: Sensei Fromm and Mr. Buffa

This class is open to students ages 13 and up and all belt levels. Sparring equipment is required and will be purchased through the department and charged to the account on file. Students in this class may come 3 times a week.

Monday | Tuesday | Wednesday, 7:00-8:00 pm

\$100 ongoing through August 31, 2022

PLEASE NOTE: The student family is responsible for signing and turning in Our Financial Responsibility Policy form by the first class.

****All NEW students must complete an introductory class prior to registering for classes. ****



KOBUJUTSU CLASS

Instructor: Sensei Fromm

Our weapons class is an integral part of training for Black Belt in our style. This class is REQUIRED for CURRENT students, purple belt and up. It is also open to lower rank students by invitation only. Weapons used for requirements are Nunchaku, Bo, Tonfa, Sai, and Tekko. Weapons will be purchased through the martial arts department and charged to the account on file. Loaner weapons are available for use until the student is able to purchase his/her own weapons.

Wednesdays 8:00 - 8:45pm

\$25 per month ongoing through August 31, 2022

*payments will be automatically withdrawn from accounts each month

BLACK BELT CLUB, Ages 7+

Instructor: Mr. Barto

This class is open to CURRENT students ages 7 and up.

MIND-BODY-SPIRIT

Many students come to learn that Karate is not only a sport but a way of life. Becoming a Black Belt is more than a test of your physical knowledge and material. It is also a practice of mental fortitude and discipline.

The path to becoming a Black Belt is challenging, but all serious martial artists strive for it and are determined to reach that goal. This is a program to further a student's knowledge and abilities along the path to becoming a well rounded martial artist and black belt. This club is open to all students who have the dedication and definitive goal of becoming a Black Belt.

This club will allow all members, regardless of rank, ages 7 and up, to have added training time with instructors. They will learn higher rank material ahead of their current curriculum, learn valuable teaching skills, experience Okinawan weapons training, attend sparring seminars, and advanced self defense seminars. We as a team will also prepare for school demonstrations, tournaments and testing.

Each member will receive a Black Belt club patch to be worn on the left shoulder of their Gi to signify their dedication to reaching their goal. "This is a Black belt school! We are dedicated! We are motivated! We are on a quest to be our best! OSU!"

Every 3rd Saturday of the month, 6:00-8:00 pm

\$30/month ongoing through August 31, 2022

*payments will be automatically withdrawn from accounts each month

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EAST COAST KARATE AT-A-GLANCE SCHEDULE

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Time	3rd Monday STUDIO 1	MONDAY STUDIO 6	TUESDAY STUDIO 6	WEDNESDAY STUDIO 6	THURSDAY STUDIO 6	FRIDAY STUDIO 6	SATURDAY STUDIO 6
4:30							PROMOTION CEREMONY 3rd Saturday every other month 10:30 AM
4:45							
5:00		Little Kuma A 5:00-5:30		Little Kuma A 5:00-5:30			
5:15							
5:30		Orange & Intermediate Kids 5:30-6:15	Little Kuma B 5:45-6:15	Orange & Intermediate Kids 5:30-6:15	Little Kuma B 5:45-6:15		
5:45							
6:00	Intro class Every 3rd Monday 6:00-6:45					TESTING 3rd Friday every other month 6:00	BLACK BELT CLUB 3rd Saturday 6:00-8:00
6:15		White Belt & Yellow Belt Kids A 6:15-7:00	White Belt & Yellow Belt Kids B 6:15-7:00	White Belt & Yellow Belt Kids A 6:15-7:00	White Belt & Yellow Belt Kids B 6:15-7:00		
6:30							
6:45							
7:00							
7:15		All Adults 7:00-8:00	All Adults 7:00-8:00	All Adults 7:00-8:00			
7:30							
7:45							
8:00				Kobujutsu 8:00-8:45			
8:15							
8:30							
8:45							

To register for classes visit YocumInstitute.org