



## W&MA Program CLASS AGENDA

(HH:MM)

### ARRIVAL TIME

00:00 - 00:05

- \* Take accurate participant attendance
- \* Get Parent/Guardian initials on attendance sheet
- \* Organize group by age, rank, other as needed

00:05 - 00:20

- \* 1-3 minute meditation to focus the participants
- \* 2-4 minute breathing exercises to stimulate oxygenation
- \* 10 minutes of stretching to limber the body, avoid injury

00:20 - 00:35

- \* KIHON - karate basics drills: stances, blocks, kicks, punches

00:35 - 00:55

- \* Karate basic pre-arranged conditioning drills
- \* KATA - karate traditional forms that shape the development of students

00:55 - 01:00

- \* 2-4 minutes of stretching to limber the body, avoid injury
- \* 1-3 minute meditation to focus the participants

01:00 - 01:05

- \* **W&MA** Program announcements
- \* STEP Ahead Program Announcements
- \* Parting words of encouragement

### CLASS DISMISSED

- \* Students released to authorized Parent/Guardian/Representative