



# New Britain PAL Karate Program

Classes for Ninja Students, ages 3 to 6 and Traditional Students ages 7 and up

New and Returning Students as well as other styles are welcome

## Schedule of Classes

### Tuesday starting September 14th through the end of October, New Session in November

- **Traditional Students Age 7 and Up** (all new students, White and Orange Belts) 5:15 PM to 6:00 PM
- **Advanced** (Includes Blue Belt and up) 6:00 PM to 6:45 PM

### Friday starting September 17th through the end of October, New Session in November

- **Ninja Students Age 3/4** 5:00 PM to 5:30 PM      **Ninja Students Age 5/6** 5:30 PM to 6:00 PM
- **Traditional Students Age 7 and Up** (all new students, White and Orange Belts) 6:00 PM to 6:45 PM
- **Advanced** (Includes Blue Belt and up) 6:45 PM to 7:30 PM

### Saturday starting September 18th through the end of October, New Session in November

- **Ninja Students Age 3/4** 9:30 AM to 10:00 AM      **Ninja Students Age 5/6** 10:00 AM to 10:30 AM
- **Beginners/Intermediates** (all new students and orange belts) and advanced 10:30 AM to 11:15 AM
- **Weapons, Competition Practice, and Team Leaders** (by Invitation) 11:15 AM to 11:45 AM

## Program Description

**Ninjas**— A motor skill driven practice of traditional karate technique to instill coordination, listening and focus skill in our youngest students. Students advance in belt rank 3 to 4 times per year with the goal of transitioning to traditional martial arts. We have used the Ninja program since 2003 and have produced many blackbelts and instructors from their original classes.

**Traditional**— Karate technique, forms, sparring, weapons, and breaking boards to develop a full rounded martial artist that will work towards the goal of achieving their blackbelt and beyond. As students develop special emphasis placed on team leaders and eventually junior assistant instructors.

All instructors are specifically trained by Master Blackbelts and have been with our program for a long time.

<b>Program Cost: September and October Special Sign Up Rate for All New and Returning students</b> <b>\$70</b>
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- Uniforms available for purchase but not specifically required until 1st belt test. Usually 4 belt tests per year.
- Registration online at [www.newbritainpal.org](http://www.newbritainpal.org). General questions can be directed to the PAL Office at 860-827-4560
- Curriculum or student based questions can be directed to Master Harry Needham at 203-506-9840 (Text Preferred)

Welcome to the New Britain PAL Karate Program