



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