

How Often to Come to Class

Most Casa de Karate students attend class twice each week. Regular class attendance is necessary for your success in karate. Skill and development depends on practice and participation in class.

In order for you to become a well-rounded karate practitioner and in order for you to advance in rank you must learn to perform various aspects of karate including: stances, combinations of kicking and punching techniques, self-defense and sparring. Different aspects of the curriculum are emphasized on each class day. You must attend one of each class each week to get instruction in all the skills that you will need to advance in rank. Be sure to bring your sparring gear to each class.

It is also important that you practice your skills at home. Record your practices on your At Home Practice Sheet. You must complete at least 18 at home practices before you are eligible to test. Your success is in your hands (and feet).