

Power Karate Academy

126 Smallwood Drive, Mount Pearl, NL

powerkarateacademy@gmail.com | 709.330.9923 | www.powerkarateacademy.com | facebook.com/powerkarateacademy



Students and Parents,

I would like to invite you to the first grading for the students of the Power Karate Academy. Students have been training in the art of Shotokan Karate, a very traditional martial art which requires focus, discipline and hard work. Not only are our students improving on their technical ability, they have made strides in their physical ability. You will see this in the drills we do (ladder drills, wall climbs, planks, pushups etc). I am very pleased with their progress.

The grading will take place on **Friday March 24, 2016 from 6:00 pm though 8:00 pm**. Due to the size of the dojo, the grading will take place at the Gloria Pearson Community Center located at:

Location: Gloria Pearson Community Center
25 Holden Street
Mount Pearl, NL

If possible, we encourage students to attend this night as they will be grading alongside their peers. However, if you are unable to make this date, please let us know as soon as possible and we will accommodate as best we can.

Over the next few weeks, we will continue to work on their grading routines. I have attached for your reference the grading routine that the students will be evaluated by. It is not mandatory, but it is recommended that the students practice their grading routines at home.

White belt students are grading for a yellow stripe or full yellow belt (depending on their age and progress), never the less, the grading routine is the same for both levels. Higher belts will be grading for their subsequent belts. Belts start at white and work in the following order: yellow stripe, yellow, orange, blue, green, purple1, purple2, brown1, brown2, brown3 and black belts 1 through 10.

The cost for gradings yellow-through purple is \$60 per grading, this includes cost for grading, certificate and belt. Only students who are ready will be invited to grade (see attached grading eligibility table). We can either charge this to your account we have on file for classes or you can pay by cash or Interac e-transfer to powerkarateacademy@gmail.com before the grading.

We have designed a grading eligibility matrix which helps monitor the student's development and their eligibility to grade. For example, to grade for the next belt, you must have a minimum of 3-4 months of training at that belt until you are eligible to grade for the next level (time between belts increase for higher ranks). Once you have met the time criteria, then the senior instructors will evaluate and determine if the student is ready for their grading.

Student	Eligibility Decisions					Current Rank	1		2	
	Next Rank	Plan Rank	Next Grading	Plan Grading	Grading Date		24-Mar-2017	1-Jun-2017		
	Power, Adelle	-7		1			Mar-17	orange (8th kyu)	blue (7th kyu)	
Power, Georgia	-8		1		Mar-17	yellow (9th kyu)	orange (8th kyu)			

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If students eligible to grade happen to not pass, they will have an opportunity to grade again and will not be charged for the second grading.

It is the goal of the Power Karate Academy to ensure that the students are prepared and ready to move to the next rank. It is important to remember it is not a race to black belt but this is a journey to personal development and the mastering of Shotokan Karate.

I look forward to seeing the students grade for their first time in our dojo. This is not only about getting the next belt, but more importantly working towards a goal and getting up in front of a group of people and demonstrating their skills.

Please feel free to contact me with any questions.

Sincerely,

Brian Power

Brian J. Power

Power Karate Academy