

Parent / Guardian of Youth Karate Participant

Being an involved parent/guardian is a key to your child's success. For your child to derive the maximum benefit from his or her training you will have to invest a little time and effort.

Listed are some of the ways you can assist your child to get the most out of their karate training:

- Talk to your child and understand their needs. Decide what you/they want to gain from the training; fitness, discipline and focus, goal setting, social skills, respect for authority, self confidence etc.
- Make a long term commitment to the training.
- The class curriculum is demanding so attendance is vital to success.
- Beginner students may attend class without wearing a karate gi. It is required that a white T-shirt and dark sweat pants be worn.
- Students are required to sign the attendance sheet every class. For a student to be eligible to test for rank they must attend a minimum of 75% of the classes. Please remind your child to sign the roster.
- Please be on time when bringing your child to class.
- In an effort to limit class disruptions, please have your child use the restroom prior to the start of class.
- Review the dojo rules with your child.
- Stay and watch class, by doing so you will know what skills and techniques we are working on.
- Encourage your child to practice.
- Help your child practice at home.
- Become familiar with the web site, especially the kata video link.