Outdoor Karate with Sensei Meghan

Kodomo Karate

Sensei Meghan’s Karate classes are undoubtedly one of our favourite activities at Montessori. Sensei Meghan captures the child’s attention with her amazing ability to create fun “karate scenarios” with all our themes. For example, how about trying some “turtle karate” or “space-walker karate” ☺ The possibilities and the fun are endless!

The children really do pay attention to Sensei Meghan and despite (or maybe because of) the incredible amount of fun, they actually do learn correct karate “moves” and karate discipline. We continue to be impressed by how well our students do with Meaghan and are more than thrilled to have Sensei Meghan participate in the Montessori program.

For this session Karate classes will be held outdoors weather permitting. We will be in the grassy area of our playground enjoying both nature and karate. Classes will be held on Friday afternoons from 2:00 to 3:30 pm (in small groups). Each class will be 30 minutes in length and will focus on a different theme. Our first class will be a “safety class”, the theme of the week being “safety”!

*Sensei Meghan teaches using Kodomo Karate: “Kodomo Karate is a special class customized for the preschool aged population. This program is a unique blend of traditional martial arts etiquette and technique, with age appropriate games and manipulatives designed to bring young children a love and appreciation for the world of martial arts.*

*What will your child gain from Kodomo Karate?*

*Each class begins with an activity called the “ski game”. “SKI” is the magic word in our karate classes. It means that students must stand absolutely still and quiet, waiting for the “sensei” to give instruction. In the ski game, students are asked to use their imaginations to pretend to be something loud and fast. This might be their favourite animal, or a gigantic T-Rex, or Lighting McQueen. All the while, students are listening for the word Ski. When they hear it, they race back to their spots, and stand at attention, completely silent. This is one example of the many activities and exercises designed to bring children from their natural state of high energy to one of calm and focus.*

*The end result?*

*Children who are masters of themselves. Able to have fun and be a child, while also capable of settling into quiet focus when necessary. This is only one amazing life skill that Kodomo Karate can introduce to your child. Add to that the confidence they will gain from feeling Strong both inside and out. And throw in some kicks, punches, and the ability to count to ten in Japanese! “*

There will be seven classes total: May 5, 12, 19, 26, June 2, 16, 23

On Friday, June 23, parents are invited to this class to see our karate kids in action!

The cost for the seven classes is $55.00. To register please submit the form below by Friday, April 21.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I wish to register my child for Karate classes with Sensei Meghan for the May-June 2017 session

Child’s name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Classroom \_\_\_\_\_\_\_\_\_\_\_\_

I enclose $55.00 cash\_\_\_\_\_\_\_\_or cheque\_\_\_\_\_\_\_\_\_ (made out to Montessori Pointe Claire)

Parent’s signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_