

North Shore Dojo



Description

The North Shore Dojo is dedicated to helping all children, including those with special needs, to reach their fullest potential through teaching the spirit and philosophy of the martial art of Shotokan Karate. Through this experience, children learn the following:

- Attention, Focus and Self-Control
- Good listening and Communication Skills
- Respect for others
- Confidence and Self-esteem
- Leadership and Selflessness
- Patience and Perseverance
- Physical Well-Being including Balance, Coordination, Flexibility, and Strength.

The North Shore Dojo is not your usual after-school activity and may not be the right match for all children. Families participating in the North Shore Dojo are committed to becoming part of supportive community that values inclusion and equality of all individuals. Parents should be able to commit to consistent, regular attendance and practice, and encourage perseverance even when an activity is difficult. Expectations are set high for all children, regardless of their abilities. They learn in a tough, yet warm and supportive environment.

Children who may benefit most from participating in the dojo:

- Children who are not fitting into other team sports because they need to improve strength, coordination and confidence.
- Children who are having difficulty in school due to issues such as focus, behavior, or self-discipline
- Children who would benefit from improving their confidence and self-esteem.
- Children with special needs, including developmental disabilities, physical disabilities or other medical issues.

The North Shore Dojo and the problem of Bullying: Bullying is a reality that our children live with every day, either as a target of bullying, a witness to bullying, or a participant in bullying behavior. Our schools are taking an active role in trying to control bullying through development of anti-bullying policies, anti-bullying seminars and training for staff. Yet many of these efforts fall short in teaching children a repertoire of behaviors they can use when they encounter a bullying situation. Discussions about bullying are a regular activity in all of the North Shore Dojo classes. Children routinely practice how to respond to a bullying situation by practicing what a confident, strong child looks like and sounds like. They practice several verbal responses that they can use in particular situations. They are discouraged from becoming involved in any physical altercations, unless their safety or a victim's safety is at risk and they have no other alternatives.

The Classes:

Classes are available for beginners through advanced karate training and include "Karate Can Do" classes that are primarily for children with special needs. Children with special needs are included in other classes whenever possible. The dojo offers a "mentoring program" which provides advanced belt participants the opportunity to work with lower level belt participants and Karate Can Do participants. The inclusion of children with special needs and the mentoring program provides rich learning experiences and develops a community spirit that is unique to the North Shore Dojo.

4-8 year old NSD Class-Generally white and yellow belt, focuses on the basics of shotokan karate, including kata, kihon, kumite, strength building

Classes for 4-8 year olds held on Monday and Wednesday 4:15-5:00
May also attend "All Levels" held Tues. and Thurs. 5:45-6:45 and Sat. 9:30

9+ NSD Class- generally orange, green, and blue belts. Focuses on the basics of shotokan karate, including kata, kihon, kumite, strength building exercises, concentration and coordination drills.

Classes for 9+ held on Monday and Wednesday 5:00-5:45
May also attend "All Levels" held Tues. and Thurs. 5:45-6:45 and Sat. 9:30

Advanced Students – Purple, Brown, Black belts. Focuses on strength training kata, kihon, kumite

Classes for advanced students held on Monday and Wednesday 5:45-6:45
May also attend "All Levels" held Tues. and Thurs. 5:45-6:45 and Sat. 9:30
*Advanced students may also participate in "mentoring" program, upon Sensei's approval

Karate Can Do Class- Designed for students with special needs who can function well in a class with other students, but require additional assistance. The classes are divided by age and typically have a low student to instructor ratio

4-8 year old Karate Can Do held Tuesday and Thursday 4:15-5:00
9+ years old Karate Can Do held Tuesday and Thursday 5:00-5:45
All age Karate Can Do Class held Saturday 10:30-11:15

Competitive Level/Advanced Belt Classes: The North Shore Dojo does have students training for advanced level competitions and classes are scheduled as needed prior to competitions.

Schedule at a Glance (may change for Summer Classes)

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Saturday</u>
<u>4:15-5:00</u>	<u>4:15-5:00</u>	<u>4:15-5:00</u>	<u>4:15-5:00</u>	<u>9:30-10:30</u> All Levels N.S.D.
4-8 yr. old N.S.D.	4-8 yr. old Karate Can Do	4-8 yr. old N.S.D.	4-8 yr. old Karate Can Do	<u>10:30-11:30</u> All Ages Karate Can-Do!
<u>5:00-5:45</u>	<u>5:00-5:45</u>	<u>5:00-5:45</u>	<u>5:00-5:45</u>	
9+ yrs. Old N.S.D.	9+ yrs. Old Karate Can Do	9+ yrs. Old N.S.D.	9+ yrs. Old Karate Can Do	
<u>5:45-6:45</u>	<u>5:45-6:45</u>	<u>5:45-6:45</u>	<u>5:45-6:45</u>	
Advanced Purple & up	All Levels Karate	Advanced Purple & up	All Levels Karate	

*Actual placement in class level is determined by Sensei.



The Karate CAN-DO Foundation is a 501(c)3 non-profit charitable organization dedicated to helping children and adults with learning differences and physical challenges reach their full potential through the teachings and techniques of Shotokan Karate, a martial arts discipline which improves physical, cognitive and emotional health.

Mission and Goals

- Support, encourage, and share our expertise with other dojos to promote the addition of karate therapeutic programs for children and adults with special needs.
- To offer scholarships to students with special needs requiring financial assistance to support their karate training.
- To support the recruitment and training of a US National Disabled Karate Team that will compete in World Karate Federation Championships, and beyond, bi-yearly.
- To cover tournament costs for special needs national team competitions, as deemed appropriate for US Team participation and awareness.
- To establish and operate programs to teach instructors and other young black belts methods for training students with special needs
- To assist with the purchase of specialized training equipment for students with special needs.
- To facilitate or promote medical research regarding the advancement of medical treatments and adaptive equipment for children with special needs.

The Karate Can Do Foundation is a separate entity from the classes offered by the North Shore Dojo, but both organizations work hand in hand towards similar goals. The Karate Can Do Foundation raises funds and provides these funds to individuals and organizations to accomplish their goals. The Foundation has scholarship funds available that can be used to cover class fees for children with special needs. The Foundation may also cover costs of participation in competitions for individuals with special needs. Allocations of these funds are made on a case-by-case basis. North Shore Dojo families are encouraged to support the Karate Can Do Foundation in any way possible. They are also encouraged to let Sensei Kohn know if there is a child who could benefit from participation in North Shore Dojo's program but unable to cover the cost of participation.