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PAL Karate Juniors Programs

Instructors: Shihan John Grima, Sensei Joseph Cinquemani

Tiny Tigers (ages 5 to 7)

The class is fast paced with activities changing quickly because this age group's short attention span. By learning and doing the martial arts, children develop listening skills, learn to follow directions, discover self-confidence, and improve motor coordination. One of the biggest benefits of this program is their increased attention span. This program teaches this age group that learning can be fun and enjoyable.

Dragons (ages 8 to 12)

These students have physical and motor coordination so the rewards of good instruction are amplified. Character building is a very strong part of this program. Self-confidence and self-esteem are generally accepted as fundamental to healthy emotional and mental development of children of this age group. They understand and can experience the benefits of humility, perseverance, determination, and goal setting. The students gain greater self-confidence and greater self-esteem as they see their abilities and skills improve. These classes are 45 minutes, involving a warm-up that includes calisthenics, along with value and motivating lessons of the week.

Teens (ages 13 to 18)

The classes stress self-discipline, and self-control at the Karate studio, at school, in the streets, and at home. They are introduced to the 3-R principle, Rights-Respect -Responsibility. The students learn to expand their limits, set short-term goals, set long-term goals, and to achieve excellence in anything they do. They develop a Winner Never Quits! Quitters Never Win! attitude. Their minds are opened toward new experiences. They develop a sense of belonging, acceptance and approval that many teens crave, both from their peers as well as from adults.

You may contact Shihan Grima at kaizenkarate@gmail.com with any questions.