



SAN ACADEMY- KAMAKOTINAGAR

KARATE GRADING CEREMONY

“However beautiful the strategy, you should occasionally look at the results”

Dear Parents,

SAN ACADEMY, strongly believes in the holistic development of the children. Adhering to this belief, we provide the best to our students. To this the martial arts contributes an important role. This art not only improves the physical health but also develops the concentration, proves betterment in memory power and shows significant support in academic growth.

Karate is one of the important martial arts and is a great form of exercise which provides a whole body workout with an emphasis on balance, coordination and aerobic fitness. The complex movements required by karate also challenge the mind and fully engage the student, as they try to master the stances and blocks, punches and kicks, plus Japanese terms and language. While the techniques of karate are unquestionably effective for combat or self-defence, but more importantly karate promotes self-control, self-respect and respect for others.

It is with great pleasure that, I welcome all of you for our “**Karate Grading ceremony**”, which will be held on 15.02.2020, Saturday at our school premises.

S.NO	CLASS	REPORTING TIME	TIME SLOT	REPORT TO
1	I & II	8.15 AM	9.00 AM – 11.00 AM	Respective Class Teacher
2	III-V	10.45 AM	11.00 AM – 12.30 PM	Respective Class Teacher
4	VI-IX	12.45 PM	1.00 PM – 3.00 PM	Respective Class Teacher

We would like to bring to your information the BELT PROGRESSION

White: Represents the beginner who is pure, open in mind.

Gold/Yellow: The gold is a hard earned treasure from the ground. This belt indicates that one must work hard to achieve.

Orange: Represents the sun. As the student rises like the sun, he/she begins to achieve.

Purple: Indicates the struggles, bruises, and strains one must endure to achieve the goal.

Blue: Represents the sea. As much water as there is, there is hard work in setting high goals.

Green: Represents the trees. As the tree grows high up in the sky from a seed, a Karateka should keep the training to perfection to achieve the greater heights.

Brown: Like the nature of autumn, The Karateka by now has matured, and aged in his / her knowledge of the art.

Black: A combination of all the colours of the universe represents that the wearer has learned all the combinations of the martial art “Karate”.

Things to be duly noted by the Parents,

- 1) Students should come in Karate dress. (On top of the regular school uniform).
- 2) Students must wear their ID card.
- 3) Students should carry sufficient water and healthy snacks.
- 4) School transport will not ply on 15.02.2020 (Saturday).

Karate students will be awarded with the Grading certificates and belt on the same day.

As always, our parents are welcome to be the active encouraging spectators.

Warm Regards,

Ms. R. Archana,

Managing Director, SAN ACADEMY-GROUP OF SCHOOLS.