



SAN ACADEMY, PALLIKARANAI

KARATE GRADING CEREMONY

“ A Black belt is not something you wear, it’s something you become. “

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.

With great pleasure, we welcome you all for our “**Karate Grading ceremony**”, which will be held on **24.02.2024 (Saturday) & 25.02.2024 (Sunday)** at our school premises.

S.NO	DATE	DAY	CLASS	TIMING	REPORTING TIME
1	24.02.2023	SATURDAY	I A,B,C,D	8.30a.m. to 10.00a.m.	08.00 a.m.
2	24.02.2023	SATURDAY	II A,B,C,D	10.30a.m. to 12.00p.m.	10.00 a.m.
3	24.02.2023	SATURDAY	III A,B,C,D	01.00p.m. to 02.30 p.m.	12.30 p.m.
4	24.02.2023	SATURDAY	IVA,B,C,D	03.00p.m. to 04.30 p.m.	02.30 p.m.
5	25.02.2023	SUNDAY	V A,B,C,D	8.30a.m. to 10.00a.m.	08.00 a.m.
6	25.02.2023	SUNDAY	VI A,B,C,D,E,F	10.30a.m. to 12.00p.m.	10.00 a.m.
7	25.02.2023	SUNDAY	VII A,B,C,D,E,F	12.30p.m. to 02.30p.m.	12.00 p.m.
8	25.02.2023	SUNDAY	VIII A,B,C,D,E IX A,B,C,D	3.00p.m. to 05.00p.m.	2.30 p.m.

We would like to bring to your information the BELT PROGRESSION

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

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.

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

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

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

Brown: Like the nature of autumn. The Karate 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.
- 2) Students must wear their ID card.
- 3) Students should carry sufficient water and healthy snacks.
- 4) School transport will not ply on **24.02.2023 (Saturday) & 25.02.2023 (Sunday)** .
- 5) Parents are allowed to accompany the students and observe the ceremony for both the days.
- 6) Parents have to pick their ward once after the completion of the ceremony.

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,

Mrs. Hemalatha Sooryanarayanan

Principal

San Academy, Pallikaranai.