

Martial Arts

Below is information regarding our karate classes here at Discovery Programs. **Please refer to the Covid Protocols also.** All classes age 3 and older are drop off classes. Karate will take place on the 5th Floor Patio of the main location at 251 W.100th unless inclement weather. In that case, class would be moved inside.

*****Please pack a full water bottle as the water fountain will not be used.**

Welcome to Martial Arts at Discovery Programs! Sensei Karin Ferber Hillman, a 4th degree Black belt champion and an engaging instructor, provides the right atmosphere for children to learn focus, respect, self-discipline and strong self-esteem. For more information regarding the Seido Karate philosophy please see the seido organization website, <http://www.seido.com/about/philosophy>.

Attire

If you have a gi from a previous semester, please wear it to your first martial arts class. If you do not, arrive in comfortable clothing that is easy to move around in. *For outdoor classes on the patio, sneakers must be worn. For indoor classes, it will be shoe and sock free.* On the first day of class, Karin will take your child's measurements and order a gi for the next class. The price of a gi is \$35, and the price of Seido patches is \$25. Karin will show the parents how to sew the patches onto their gis. The total of \$60 can be paid by either cash or check to Karin Hillman.

Promotions

At the end of the semester or end of a school year, students may be promoted to the next belt level. Sometimes, these promotions take place in class and sometimes they take place on another day. In order for a student to be promoted, the family must fill out mandatory forms and pay additional fees. Fees vary by belt color.

Tournaments- Will not take place due to Covid-19

The Seido organization occasionally holds children's tournaments and Sensei Karin will invite students to participate. There are additional fees for the tournament.

To discuss any problems or concerns you may email us at info@discoveryprograms.com or call us at regular business hours at 212.749.8717.