

# TRIANGLE FAMILY KARATE



## News Letter 24

Jan / Feb 2012

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Your questions and feedback  
are always welcome

Respectfully yours,  
*Richard Sparacino*  
Instructor  
2<sup>nd</sup> Degree Black Belt

### Welcome / Intro

Welcome to the first Newsletter of 2012. This marks the start of our 5<sup>th</sup> year with this program at Lifetime. From a humble beginning with 1 class of 6 children, we have grown to 10 classes (can't find any more space if you can believe that) with over 100 weekly participants. We thank you for your support in this success, and for entrusting us with your children.

As always you are encouraged to make Karate a family affair, practice at home with your children, and discuss / share these newsletters with them as you deem appropriate.

Past newsletters can be viewed at:  
[TriangleFamilyKarate.com/Articles.htm](http://TriangleFamilyKarate.com/Articles.htm)

### Changes in 2012

For 2012, Lifetime has made some changes to the program, specifically for the 3 to 6 year olds. What used to be our Little Dragons (ages 3 to 4) and Kenpo Kids (ages 4 to 6), are now "Little Tigers and Tigers" respectively.



These programs will continue to feed into our Kenpo Juniors program for 7 to 12 year olds, which remain unchanged except for adding another Intermediate class, and increasing our focus on Self Defense.

The Tiger Programs are being standardized for all Lifetime clubs across the country, and are meant to introduce your child to the Martial arts in a fun, educational, and well rounded manner, with the goal being to use the Martial Arts as a vehicle to:

- Help Develop learning and motor / physical skills
- Aid in Nutrition education
- Provide a Fitness Experience
- Practice Respect & Manners
- Appreciate Achievement
- Have Fun!

The next page will show the progression for those in the Tiger programs as the move from White Belt through the Tiger Program

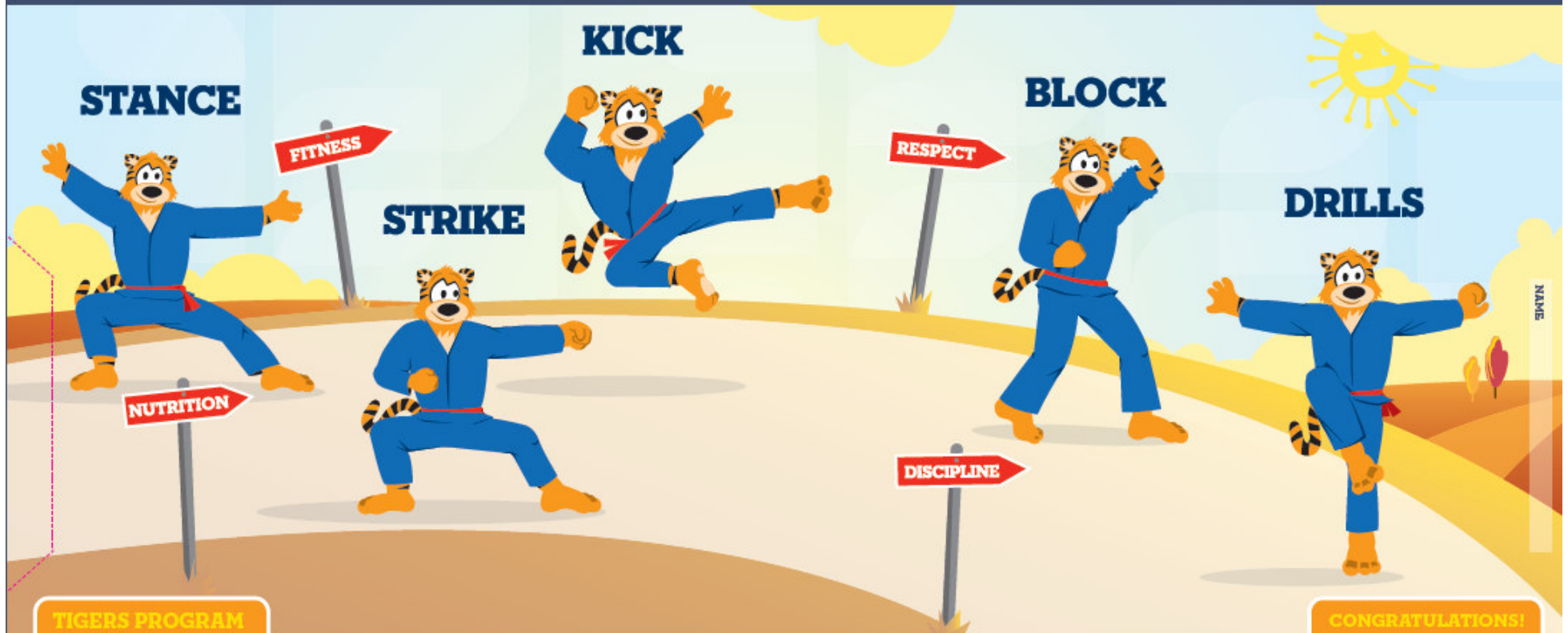
Please Note that:

- *Tiger Color Belt Rankings are different than previous*
- *Some of the senior Tigers already hold a Purple Belt Rank, and are close to transitioning to the older "Kenpo Junior Program".*
- *"New Belt Tests" will have a charge associated with them in 2012.*

Check out our Web Site - [www.TriangleFamilyKarate.com](http://www.TriangleFamilyKarate.com)

# LIFE TIME KIDS **TIGERS** PROGRESSION CHART

BELT LEVELS & **REQUIREMENTS**  
AGE LEVEL: 4 to 6 Years



NAME \_\_\_\_\_

### TIGERS PROGRAM

- Establishes foundational martial arts skills
- Improves fitness
- Provides basic understanding of nutrition
- Develops positive attitudes, focus, discipline and respect.
- Fun!

**WHITE BELT**

START HERE

**ORANGE WHITE**

BELT LEVEL STICKER

**GREEN WHITE**

BELT LEVEL STICKER

**BLUE WHITE**

BELT LEVEL STICKER

**RED WHITE**

BELT LEVEL STICKER

**YELLOW WHITE**

BELT LEVEL STICKER

For every belt level, you'll work on **stance, strike, kick, block and drills**, plus learn a little bit about **nutrition, fitness, respect and discipline**.

Once you achieve the skill set for each of these levels, you **get the sticker** – and move on!

### CONGRATULATIONS!

You've completed the Tigers program, and you're ready to move on - totally prepared for a more formal and higher discipline Martial Arts practice  
Cary's next offering is either:  
**Advanced Tigers if 6 yrs**  
or  
**Kenpo Juniors if 7 to 12 yrs**

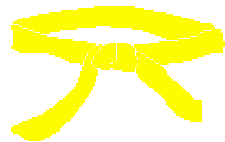
**LIFETIME**  
THE HEALTHY WAY OF LIFE COMPANY™

Lifetime Cary Tiger Program

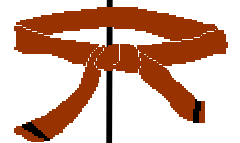
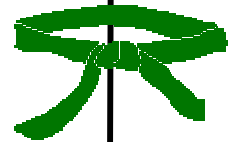
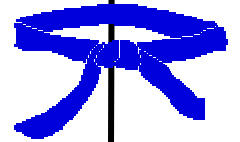
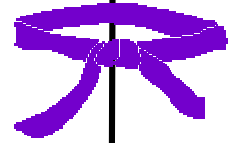
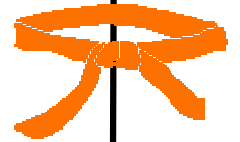
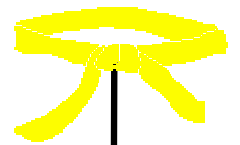
**LIFETIME**  
kids  
GROWING HEALTHY.  
GROWING HAPPY.™

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**Colored Belt Students - \*\* Denotes a Recent Promotion**



TIGER (LTF) RANKS	JUNIOR KENPO RANKS
<b>ORANGE BELT</b>	<b>YELLOW BELT</b>
** Aleksei Netrebko - Little Tiger	Ashley Grubstein
** Ben Myers - Little Tiger	Elizabeth Convery
** Davis Block - Little Tiger	Emma Convery
** Alex Douglas - Little Tiger	Katelyn Patterson
** Christopher Best - Little Tiger	Mitchell Benton
	Tyler Benton
** Dylan Katafiasz	Mercedes Brighton
** Nathan Johnston	** Lexa Jones
	** Campbell Kerr
	** Victoria Stocker
	** Brecken Carrieri
<b>GREEN BELT</b>	<b>ORANGE BELT</b>
** Caitlin Magdanz	Alec Benigar
** Diego Caban	Alek Lewis
** Grace Brighton	Alexander Lepisto
** Michael Johnston	Alexander Matta
** Milo Horton	Cameron Grey
** Stella Beauvalot	Kaeli Braswell
** Vincent LaFrazza-Schwartz	Katelyn Cort
	Nathaniel Ryan
<b>BLUE BELT</b>	Nicholas Jurado
** Alexa Shipley	Philip Bernath
** Ethan Holt	Ryan Tafilowski
	Samuel Holt
<b>RED BELT</b>	** Alex Rhinehart
	** Kaylan Cifarelli
<b>YELLOW BELT</b>	<b>PURPLE BELT</b>
	Justin Tafilowski
<b>PURPLE BELT</b>	Matthew Knight
Grace Meyer	Nia Smith
Joshua Kendall	Nyla Smith
Owen Lewis	Elise Hubbard
Savannah Kennedy	Igor Aprelev
	<b>BLUE BELT</b>
<b>YELLOW BELT</b>	<b>GREEN BELT</b>
<i>"Completed Junior Material"</i>	
** Brewer Best	<b>BROWN BELT</b>
** Ciarra Woods	Aiden France
** Hunter Calcavecchia	<b>BROWN BELT - 2 Black Stripes</b>
** Kiran Gibbs	<b>BROWN BELT - 3 Black Stripes</b>
	<b>BLACK BELT</b>



## January / February Schedule

- **“Tiger” STRIPE testing will be done at the end of every Month**
- **Normal “Tiger” BELT testing will be done at the end of December, April, and August**
- **Normal “Junior” STRIPE / BELT testing will be done at the end of every Other month**
- **Belt Testing will have a charge associated with it in 2012 to cover Belts and Certificates**

January						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	4:00-4:45 3-4 yrs 4:45-5:45 Advanced 7-12 yrs	4:30-5:30 Advanced 4 - 6 yrs 5:45-7 Advanced 7-12 yrs 7:15 -8:15 Adult Class	4:00-4:45 3-4 yrs 4:45-5:45 4-6 yrs	4:45-5:45 7-12 yrs	4:45-5:45 4-6 yrs 6:00-7:00 7-12 yrs	
8	9	10	11	12	13	14
	4:00-4:45 3-4 yrs 4:45-5:45 Advanced 7-12 yrs	4:30-5:30 Advanced 4 - 6 yrs 5:45-7 Advanced 7-12 yrs 7:15 -8:15 Adult Class	4:00-4:45 3-4 yrs 4:45-5:45 4-6 yrs	4:45-5:45 7-12 yrs	4:45-5:45 4-6 yrs 6:00-7:00 7-12 yrs	
15	16	17	18	19	20	21
	4:00-4:45 3-4 yrs 4:45-5:45 Advanced 7-12 yrs	4:30-5:30 Advanced 4 - 6 yrs 5:45-7 Advanced 7-12 yrs 7:15 -8:15 Adult Class	4:00-4:45 3-4 yrs 4:45-5:45 4-6 yrs	4:45-5:45 7-12 yrs	4:45-5:45 4-6 yrs 6:00-7:00 7-12 yrs	
22	23	24	25	26	27	28
	4:00-4:45 3-4 yrs 4:45-5:45 Advanced 7-12 yrs	4:30-5:30 Advanced 4 - 6 yrs 5:45-7 Advanced 7-12 yrs 7:15 -8:15 Adult Class	4:00-4:45 3-4 yrs 4:45-5:45 4-6 yrs	4:45-5:45 7-12 yrs	4:45-5:45 4-6 yrs 6:00-7:00 7-12 yrs	
29	30	31				
<i>Testing Week</i>	4:00-4:45 3-4 yrs 4:45-5:45 Advanced 7-12 yrs	4:30-5:30 Advanced 4 - 6 yrs 5:45-7 Advanced 7-12 yrs 7:15 -8:15 Adult Class				

February						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			4:00-4:45 3-4 yrs 4:45-5:45 4-6 yrs	4:45-5:45 7-12 yrs	4:45-5:45 4-6 yrs 6:00-7:00 7-12 yrs	
5	6	7	8	9	10	11
	4:00-4:45 3-4 yrs 4:45-5:45 Advanced 7-12 yrs	4:30-5:30 Advanced 4 - 6 yrs 5:45-7 Advanced 7-12 yrs 7:15 -8:15 Adult Class	4:00-4:45 3-4 yrs 4:45-5:45 4-6 yrs	4:45-5:45 7-12 yrs	4:45-5:45 4-6 yrs 6:00-7:00 7-12 yrs	
12	13	14	15	16	17	18
	4:00-4:45 3-4 yrs 4:45-5:45 Advanced 7-12 yrs	4:30-5:30 Advanced 4 - 6 yrs 5:45-7 Advanced 7-12 yrs 7:15 -8:15 Adult Class	4:00-4:45 3-4 yrs 4:45-5:45 4-6 yrs	4:45-5:45 7-12 yrs	4:45-5:45 4-6 yrs 6:00-7:00 7-12 yrs	
19	20	21	22	23	24	25
	4:00-4:45 3-4 yrs 4:45-5:45 Advanced 7-12 yrs	4:30-5:30 Advanced 4 - 6 yrs 5:45-7 Advanced 7-12 yrs 7:15 -8:15 Adult Class	4:00-4:45 3-4 yrs 4:45-5:45 4-6 yrs	4:45-5:45 7-12 yrs	4:45-5:45 4-6 yrs 6:00-7:00 7-12 yrs	
26	27	28	29			
<i>Testing Week</i>	4:00-4:45 3-4 yrs 4:45-5:45 Advanced 7-12 yrs	4:30-5:30 Advanced 4 - 6 yrs 5:45-7 Advanced 7-12 yrs 7:15 -8:15 Adult Class	4:00-4:45 3-4 yrs 4:45-5:45 4-6 yrs			

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