

Martial Arts

For boys & girls age 4 & up • First class is always FREE

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COST:

One-time registration fee: \$100

Belt promotions: \$100 for each MAJOR belt color promotion.

Please ask if you have questions about this. A student will typically be ready for the first major belt promotion in 3-12 months. There is no charge for the intermediate belt promotions which are more frequent.

Monthly:

	1 class/week	Unlimited classes/week	Sibling Unlimited * 2nd child
Non member	\$125/month	\$160/month	\$125/month
Member	\$105/month	\$135/month	\$105/month

CLASS SCHEDULE:

Beginners Age 4-5

Monday & Wednesday: 4:00PM - 4:30PM

Beginners Age 5+

Mon, Tue, Wed, Thu: 4:30PM - 5:00PM

Sat: 9:00AM - 9:30AM

All other levels: See instructor for schedule

- Private instruction (individual and small group) available upon request.

Interested in trying a class?

You may watch any class you like. Please be respectful of the students and parents.

Try a class for FREE during any beginner class time for your child's age group. Please ARRIVE EARLY (classes start ON TIME) and bring a completed release form (available on the Silver Creek Sportsplex web site). We have forms available at class as well. Your child should wear loose, comfortable clothing to allow movement.

**No waiting for belt promotions—
test when you are ready!**

Silver Creek Sportsplex
Mailing address: P.O. Box 23279, San Jose, CA 95153-3279
Physical address: 800 Embedded Way, San Jose 95138
408.225.1843 • info@gotoplex.com
www.GoToPlex.com





Martial Arts at Silver Creek Sportsplex

800 Embedded Way, San Jose CA 95138

www.GoToPlex.com/ma

Email: info@GoToPlex.com

Frequently Asked Questions (FAQ)

Is there a minimum age to learn Martial Arts?

We currently teach from **age 4 to adult**. Younger students can learn, but they need a separate group to address the specific needs and learning styles of age 3 - 4. If your child is younger than 4 and you wish to start a class for him/her, we need a minimum of 10 students to pre-register and pay for the class. Contact the instructors for more details at info@GoToPlex.com

Are the classes only 30 minutes long?

The beginners (White Belts & Yellow Belts) are introduced to the training in 30 minute classes. Students will be invited to train for 60 minutes when they are physically, emotionally and mentally ready. All students who receive a Gold Belt or Orange Belt are invited to train for 60 minutes. Green Belts and higher are invited to train for 90 minutes.

How long does it take to get to Yellow Belt?

This depends on the age and maturity of the student, and how often they attend classes. An age 5 student may take a year to get to Yellow Belt. They have 7 different colored striped belts to navigate before the Yellow Belt, each with new behaviors and skills master on their way to Yellow Belt. White belts earn stripes for attending, behaving, and trying. This student needs a minimum of 6 classes at each belt. This 12 class minimum could take 12 weeks or 3 weeks, depending on how often the student comes to class.

What style is taught here?

It is called Kitsune Ryu Bujitsu (Kit-Soo-Neh Ree-Yoo Boo-Jit-Soo) and means "Fox Style of Fighting Arts." The curriculum is a blended (mixed) system of Kenpo, Okinawan Karate, Jujitsu, Aikido, Tae Kwon Do, and Eskrima.

Do the students fight?

Students begin learning sparring (fighting) drills at Gold Belt. At no time will the students be fighting at full contact, and the various "rules" we employ keeps it as a game.

How often should students attend class?

As often as possible! Students who have achieved Green Belt must be enrolled in unlimited classes.