**All Stars Karate**



Today I am going to All Stars Karate.

It will be fun to see my friends.



When class starts, Sensei Danny will tell me

to line up. I will find a place on the mat

and stand at attention. It is important to

have a quiet body, looking eyes and

listening ears.



When everyone has found a spot, we will

begin class with a bow to show respect.



After we bow, the teachers will talk

about the rules of Karate. The three rules

are: self control, respect and patience.

It is important to understand the rules and

what they mean.



Next we will practice meditation. This is

when we stand tall and focus on taking

slow, deep breathes.

When we are done, we will work on making





our mind and body strong by doing exercises.

We may do jumping jacks, pushups, kicks,

seal jumps, balancing, floor stretches, blocks

and punches.





The last thing we will do is play games.







When the games are over, I will come back to the mat to finish. I will say thank you to my teachers.



