ACTIVSTARS

Karate Program Guide

ACTIVSTARS

KARATE PROGRAM GUIDE

ACTIVSTARS youth karate programs help your star have fun, sharpen their mind and body, learn how to defend themselves, and create good habits and friendships to last a lifetime.

Join Our Karate Family with Children Ages 4 to 15+.

Click Here to Register

ACTIVSTARS KARATE PROGRAM GUIDE

ActivStars Youth Karate.

Enjoy Classes to Grow Mind and Body for Kids and Teens. **ACTIVSTARS** has developed one of the most comprehensive youth karate programs in the U.S., and we invite you and your child to join us!

Starting with highly trained instructors, our programs are designed to keep kids safe with a system purposefully created for children and teens. We incorporate leading self-defense techniquews together with the latest in safety awareness and anti-bullying lessons. As children grow and their skills become more advanced, we provide more in-depth instruction in martial arts as well as a greater awareness of their individuality and environment.

First and Foremost, Activstars' Youth Karate Programs Are Designed to Keep Kids Safe.

Click Here to Register

Beyond martial arts training, we provide lessons on dealing with bullies and abduction prevention. Our instructors are highly trained in these and other areas so that your star is learning ways to stay safe throughout their life.

Our Karate Programs Foster the Mind of a Black Belt to Keep All Our Stars Safe in Their Daily Lives.

ACTIVSTARS

KARATE PROGRAM GUIDE

Our Karate and Rank Philosophy.

ActivStars has a specific philosophy that guides the way we teach martial arts. Students move through three phases as they progress in belt rank: Beginner, Intermediate, and Advanced.

Beginners learn basic self-defense techniques and the formal aspects of martial arts. As they master their forms, they can begin testing for higher ranks. **Intermediate** students move beyond forms to learn self-defense actions and why fighting is not appropriate in our community. **Advanced** students reinforce their knowledge and are trained on leading safety and awareness topics relevant to teens and adults.

Click Here to Register

We Train Your Child's Mind and Body to Keep Them Safe in Any Environment.

ACTIVSTARS KARATE PROGRAM GUIDE

Class Information.

Instruction is specific to rank, and classes vary based on time and location. As children increase their rank, they have more extended and advanced class options available.

Martial Arts Classes for Kids
- 45-Minute lessons
- $9 per class

Extended Martial Arts
- 60-Minute lessons
- $10 per class

Advanced Martial Arts
- 90-Minute lessons
- $12 per class
- **30-minute sparring classes are available for an additional $3.**

Click Here to Register

ACTIVSTARS KARATE PROGRAM GUIDE

ActivStars Tournaments.

All ActivStars karate students are invited to attend and compete in the ActivStars Karate Tournament held at the end of each semester. Here, students can demonstrate their knowledge, compete on forms, participate in various ‘fun bag’ events and even free sparring.

We encourage even our youngest stars to participate. Everyone takes home a participation trophy and a sense of pride. Instructors will have complete information for your semester’s tournament.

Click Here to Register

We help your child develop a strong mind and body. Creating good habits and friendships to last a lifetime.

ACTIVSTARS

KARATE PROGRAM GUIDE

ActivStars Karate Safety Programs.

ActivStars has a comprehensive set of martial arts programs designed to teach youth the forms and self-defense techniques they need to protect themselves. Our systems and training led to the creation of specific policies that students can apply everywhere they go in life.

On the Following Page We List Policies Your Child Will Learn in Our Youth Karate Program.

Click Here to Register

ACTIVSTARS

KARATE PROGRAM GUIDE

SAFE*Shield*: Today's students need specific help to understand the way the world has changed. So, we took existing safety practices and developed our own unique program called the SAFE (Safety Awareness for Everyone) *Shield*.

SAFE*Shield* builds on practices from the A-Z Abduction Prevention Program to teach kids the best methods and skills to protect them from unforeseen dangers. Our techniques including identifying safe or dangerous areas, noticing potentially threatening behaviors, and discovering many ways to say "no" or ask for assistance.

ActivStars Anti-Bullying Program: To protect our students everywhere, we have also created the ActivStars Anti-Bullying Program.

This program prepares our students mentally by creating the "Mind of a Black Belt." Lessons and instructions effectively teach our students to better prepare and handle a verbal attack from a bully. They learn how to identify these threats, respond, and to be resilient in the face of such challenges.

Stars Beyond the Classroom: Threats also happen outside of the classroom, so part of our training covers the dangers your child may face in daily life.

Students learn about water and fire safety, respecting others' differences, the dangers of gangs and drugs, and why it is essential to be a good citizen and obey your parents. To encourage thoughtful participation, students have opportunities to demonstrate knowledge and earn ribbons for their efforts.

Click Here to Register

ACTIVSTARS

KARATE PROGRAM GUIDE

Join the ActivStars Youth Karate Program!

Ready to have your child join us or want to learn more? Just click the button below to visit our website and get specific information on locations, dates and times, instructors, and answers to common questions.

Click Below to Find Your Local Youth Karate Program and Register.

Click Here to Register

ACTIVSTARS KARATE PROGRAM GUIDE

About ActivStars.

At ActivStars, our mission is to develop life skills for active youth. We've been providing after-school recreation programs in sports like cheer, karate, soccer, and others for decades, across America.

We believe every child can improve and thrive when their mind, body, and sense of community are developed. Our classes and our website are dedicated to supporting that growth. We invite you to ask any questions or learn about our programs using the button below.

Click Here to Register

ACTIVSTARS

Developing Life Skills for Active Youth.

ACTIVSTARS

KARATE PROGRAM GUIDE

Our Story.

In the 1950s, our founder and family matriarch Bonnie Hood had a vision for offering quality and accessible youth programs for all young Americans. ActivStars was born as a youth recreation program and later innovated as the first company in the US to partner directly with schools for after-school recreation.

The initial focus on quality instruction remains true today as one of the few company-owned, company-operated organizations to consistently deliver the highest quality trained coaches and guidance for youth sports.

Today, we're providing engaging activities for more than 20,000 families in more than five states. Our commitment to helping families who desire quality, affordable after-school programs grows each year.

We hope your family will join ours.

Click Here to Register