



CCHS KARATE

VARSITY LETTER REQUIREMENTS

- Consistently participate in weekly classes
 - No more than 3 absences
- Compete in at least 1 tournament
 - Methuen Classic Karate Tournament
 - Almeida's Invitational Karate Tournament
 - All Valley Karate Tournament held at CCHS
 - Mandatory for Varsity Letter
- Attend all special classes
 - Brazilian Jiu Jitsu
 - Tameshiwari (breaking class)
 - Demonstration Team (selected students)
 - Beach Training (June)
 - Mandatory for Varsity Letter
 - MKA Dojo Training (Summer)
- Work diligently to attain an advanced rank within the Kyokushin Karate system
- Show good sportsmanship and attitude at all classes and tournaments and adhere to all the policies outlined in the CCHS student-parent handbook.
- Show respect and courtesy to their school, their instructor, and their peers while training in the CCHS Karate Club.
- If not all of the above conditions are met in one year of training, then being a part of the club in good standing over a 4 year period will also result in the awarding of a Varsity letter.



CCHS KARATE



JUNIOR VARSITY LETTER REQUIREMENTS

- Consistently participate in weekly classes
 - No more than 5 absences
- Attend the following special class
 - Beach Training (June)
 - MKA Dojo Training (Summer)
- Work diligently to attain an advanced rank within the Kyokushin Karate system
- Show good sportsmanship and attitude at all classes and tournaments and adhere to all the policies outlined in the CCHS student-parent handbook.
- Show respect and courtesy to their school, their instructor, and their peers while training in the CCHS Karate Club.

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