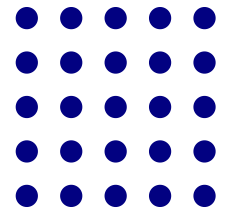


PROMAR KARATE



Our dojo has a rich history of building confidence, creating a fun and friendly environment, as well as fostering discipline, respect, and excellence.

BUILD CONFIDENCE | DEVELOP FOCUS | LOWER ANXIETY | BURN ENERGY
LEARN SELF DEFENSE | HAVE FUN | HIGH ENERGY CLASSES

ELMIRA SCHEDULE

Age Group	Monday	Tuesday	Wednesday	Thursday
Mini Dragons (Ages 3 & 4)		5:15pm		
Dragons (ages 4 ½ to 7)	5:45pm	5:45pm	5pm - Family Class 5:45pm	5:45pm - Chanbara*
Jr Warriors (Ages 7 ½ to 12) Novice - White Belt to Orange Stripe	6:20pm	6:20pm	5pm - Family Class 6:20pm	6:20pm
Jr Warriors (Ages 7 ½ to 12) Int/Adv - Orange Belt and Up	7:10pm	6:20pm	5pm - Family Class 7:10pm	6:20pm
Specialty Classes & Skills Development		7:10pm - Sparring	8pm - Weapons	5:45pm - Chanbara 7:10pm - Grappling & Combatives
Warriors (Teen / Adult) White Belt to Yellow Stripe	6:20pm - Novice	8pm	5pm - Family Class 6:20pm - Novice	8pm
Warriors (Teen/Adult) Yellow Belt & Up	7:10pm - Int/Adv	8pm	5pm - Family Class 7:10pm - Int/Adv	8pm

CONTACT US

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FAQs - Frequently Asked Questions



What can we expect at the first class?

Each class opens with a warm-up, moves into technique practice, and then a drill. The main lesson of self defense, kata (empty-hand forms), or sparring, changes week to week, and is structured to accommodate new students joining the class.

Can I watch the class?

Caregivers are welcome to sit and watch the class. All electronics must be turned off and set aside during class and spectators must stay quiet.

Do you accommodate anxiety, ADHD, or other learning differences?

Yes - please tell us before the first class so we can adjust how we introduce the class materials. We are not able to provide 1-on-1 support.

Is karate safe for kids? How much contact is involved?

Contact is light, age-appropriate, and increases gradually as students demonstrate control. There are safety gear requirements and we prioritize student safety in the dojo.

How much does karate cost?

It depends on the program you're in, if equipment was needed this season (the safety gear typically lasts at least 2-3 years), if you progress in belt level, and if you train for the season or if you add on summer training as well.

Here's a "guesstimate" answer when we don't know the variables: A Dragon student who is with us for the 2026/2027 Season is likely going to spend around \$750+hst on classes, equipment, and a grading, vs a Jr Warrior in the Core Program taking 2 classes/week might be around \$1000+hst, vs an invested student in the Kaizen Program who has unlimited classes, comes to a couple events and spends \$1500+hst in a season.

Do you offer a family discount?

Yes. The 1st and 2nd family members pay full price, the 3rd family member is 50% off, and the 4th and beyond train for free. This applies to immediate family enrolled at the same time.

Do I need to sign a long term contract?

No, this isn't like a gym membership where you're locked in for a year. Our official season runs from September 2026 to May 2027, and we offer two program terms. Just like signing up for a soccer or hockey season, once you're signed up, you're in. We offer you a 30-day cancellation guarantee - from your first class, you have 30 days to cancel and get a refund (less the pro-rated amount for the time you were able to train).

Are there any costs outside the registration fee and required safety gear?

A few, all optional or tied to individual progress:

- Tournaments, seminars, and workshops are offered throughout the year but are all optional.
- Belt grading (promotion) fees, starting at \$50, are charged only when a student tests. Most students test between 1-2 times per year.
- Upgraded safety equipment and training tools based on personal interests

What if my child wants to train more than once a week?

Dragons can add on a class, and Warriors students can move up through the Foundations/Core/Momentum/Kaizen tiers for more frequent training. Momentum and Kaizen students can also cross-train at both our Elmira and Listowel locations.

What are the Specialty Training Programs?

Optional add-ons for students who want a specialty class - Weapons, Sparring, Combatives, or Chanbara, on top of their core program. These are invitations, not requirements: every student can go from white belt to black belt on the core program alone.

Can parents train alongside their kids?

Yes! Parents and caregivers are welcome to join their child's age-specific class, or train in their own teen/adult class.

PROMAR KARATE



EQUIPMENT YOU'LL NEED

Safety equipment is necessary for students of all ages and belt levels. All safety equipment must be purchased through Promar Karate. If you are choosing to divide your registration into 3 payments (or monthly payments) we can add on your equipment order.

MINI DRAGONS

Mini Dragons, ages 3 and 4, will participate in padded sword practice which requires safety equipment. This is safe and light contact, with no head striking allowed. Even with these rules, it's important to become comfortable wearing the safety equipment. Dragons will start off with an instructor or class assistant to learn chanbara and we will progress them to working with other students when it's safe to do so.



- White Karate Uniform (includes jacket, pants, and white belt): \$74.99+hst
- Safety Headgear: \$54.99+hst
- Mouthguard: \$16.99+hst

DRAGONS

Dragons, ages 4 ½ to 7, will participate in padded sword training and sparring (light contact fighting). This is safe and light contact, with no head striking allowed. Dragons will start off with an instructor or class assistant to learn and we will progress them to working with other students when it's safe to do so.



- White Karate Uniform (includes jacket, pants, and white belt): \$74.99+hst
- Safety Headgear: \$54.99+hst
- Safety Gloves: \$54.99+hst
- Mouthguard: \$16.99+hst

JR WARRIORS & WARRIORS

Students will participate in padded sword training and sparring (light contact fighting). This is safe and light contact, with no head striking allowed. All new students will start off with an instructor, class assistant, or advanced belt student to learn and we will progress them to working with other students when it's safe to do so.



- Black Karate Uniform (includes jacket, pants, and white belt): \$74.99+hst
- Safety Headgear: \$54.99+hst
- Safety Gloves: \$54.99+hst
- Groin Protector: \$44.99+hst
- Mouthguard: \$16.99+hst



Recommended but not required until higher belt levels:

- Safety Shinguards: \$54.99+hst
- Safety Footgear: \$54.99+hst
- Face Shield: \$93.99+hst



PROGRAM FEES

The program registration fees are based on Term 1, and cover 18 weeks from Monday, September 14-January 30, 2027 (no classes Dec. 20-Jan 3). If you are signing up mid-Term then we will pro-rate the amount for you.

How to Pay: You can choose to pay the registration as one amount, via etransfer to "hello@promarkarate.ca" or in the dojo with cash/credit/debit. You are also able to choose to divide it into 3 payments or monthly payments - just let us know and we will get an EFT Authorization form for you to fill out.

30 day cancellation: You have 30 days from your first class to change your mind and get a refund for the program (less the pro-rated cost for the number of weeks you were eligible to train).

Family Pricing: The 1st and 2nd students are full price; when you add a 3rd family member they are ½ off and any additional family members train for free! **Immediate family members.**

We don't want finances to get in the way of your family's training. If our fees aren't accessible to you right now, please talk to us directly and we'll find a way to make it work.

MINI DRAGONS & DRAGONS

For Mini Dragons (ages 3-4) and Dragons (ages 4 ½-7), the same the same tier structure and pricing applies across both age groups. Tiers are based on weekly training frequency, not age.

Tier	Frequency	Term 1 Fee	Details
Dragons: 1x/week RECOMMENDED ✓	1 class (30-minute) per week	\$315+hst	For students ages 3-7, 1 class per week is an age-appropriate amount of training.
Dragons: 2x/week	2 classes per week	\$440+hst	We've got some keen Dragons who enjoy coming out to two classes per week. Chanbara (padded sword) is a favourite add-on as it's fun and burns energy.

JR WARRIORS & WARRIORS

For Jr Warriors (ages 7 ½-12) and Warriors (13-17/Adults), the same the same tier structure and pricing applies across both age groups. Tiers are based on weekly training frequency, not age.

Tier	Frequency	Term 1 Fee	Details
Foundations	1 class (45-minute) per week	\$365+hst	Good for beginners and students who are able to train independantly at home.
Core RECOMMENDED ✓	2 classes per week	\$445+hst	The majority of our students train twice per week. This allows for the information learned to be reviewed and integrated.
Momentum	3 classes per week	\$570+hst	Two curriculum classes and a fun class? Yes!
Kaizen	Unlimited classes per week	\$695+hst	High interest can lead to taking a variety of classes.