

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	*SATURDAY
3:00-4:15pm	Private Lessons by Appointment	Private Lessons by Appointment	Private Lessons by Appointment	Private Lessons by Appointment	Private Lessons by Appointment	
4:30-5:00pm	Mini Samurai (Ages 4-5)		Mini Samurai (Ages 4-5)			9:00-9:30am Mini & Me Karate
4:30-5:30pm		Int.Adv. Karate (Ages 6-11)		Int./Adv. Karate (Ages 6-11)		9:30-10:30am All Ranks Karate (Ages 6+)
5:00-6:00pm	Beg./Nov. Karate (Ages 6-11)		Beg./Nov. Karate (Ages 6-11)		Advanced Karate Brown-Black (Ages 6+)	10:30-11:30am **Kobudo
5:30-6:30pm		Int./Adv. Kata (Ages 6-17)		All Ranks Kumite (Ages 6-11)		11:30am-12:30pm ***Naginata
6:00-7:00pm	All Ranks Teen Kumite (Ages 12-17)		Beg./Nov. Kata (Ages 6-17)		All Ranks Kata (Ages 6+)	12:45-2:00pm Private Lessons by Appointment
6:30-7:30pm		All Ranks Kata (Teens & Adults)		All Ranks Kumite (Teens & Adults)		
7:00-8:30pm	Competition Team Training		Adults Karate All Ranks (Ages 18+)		Competition Team Training	
7:30-8:30pm		All Ranks Karate (Teens & Adults)		All Ranks Karate (Teens & Adults)		

## **CLASS DESCRIPTIONS**

MINI SAMURAI: AGES 4 TO 5 YEARS OLD MINI & ME KARATE: AGES 4 TO 5 & PARENT(S)

BEGINNER/NOVICE: WHITE-YELLOW-GOLD-ORANGE-GREEN INTERMEDIATE/ADVANCED: BLUE-PURPLE-BROWN-BLACK

TEENS: AGES 12-17 TEENS & ADULTS: AGES 12 YEARS OLD & UP ADULTS: AGES 18 AND UP

ALL RANKS: FOR STUDENTS RANKS WHITE THROUGH BLACK TO LEARN AND TRAIN TOGETHER.

KATA: TRAINING IN FORMS APPROPRIATE FOR SKILL LEVEL KUMITE: TRAINING IN SPARRING FOR APPROPRIATE SKILL LEVEL

## \*SATURDAY CLASSES

SATURDAY CLASSES WILL MEET ON A FLEX SCHEDULE AND MAY NOT OCCUR ON DATES WHEN LOCAL TOURNAMENTS, SEMINARS OR BELT TEST-INGS ARE SCHEDULED. EMAIL ANNOUNCEMENTS WILL NOTIFY MEMBERS PRIOR TO ANY SATURDAY CLASS SCHEDULE ALTERATION.

**\*\*KOBUDO CLASS (CURRENT MEMBERS ONLY)** 

TRAINING IN TRADITIONAL OKINAWAN WEAPONS, I.E., BO, SAI, TONFA, KAMA, & NUNCHAKU. \*ADDTNL. FEE REQ. (MUST BE AGE 10 OR OLDER & SUBJECT TO INSTRUCTOR APPROVAL)

## \*\*\*NAGINATA CLASS

BASIC TRAINING IN THE MARTIAL ART OF ATARASHI NAGINATA. \*ADDITNL. FEE REQ. (MUST BE AGE 10 OR OLDER & SUBJECT TO INSTRUCTOR APPROVAL)

PRIVATE LESSONS SCHEDULED THROUGH SENSEI CANDICE VIA EMAIL, CALL, TEXT, OR IN PERSON

<u>SCHEDULE EFFECTIVE SEPTEMBER 3, 2024</u>