



Effective September 5, 2017

All Classes Require Pre-Registration

Classes are subject to cancellation if there are no pre-registrations

Karate Tots & Little Dragons

Parent Tot Movement

Ages 3-5 with a caregiver

Wed/Fri 11:00am-12:00pm

Karate Tots

Ages 3-4 All Ranks

Mon-Fri 3:30-4:00pm

Saturdays 8:30-9:00am

Little Dragons 1 Karate

Ages 5-6 White-Orange

Mon-Fri 4:00-4:30pm

Saturdays 9:00-9:30am

Little Dragons 2 Karate

Ages 5-6 Green & up

Mon-Thu 4:30-5:00pm

Fridays 4:00-4:30pm

Saturdays 9:30-10:00am

Karate Specialty Classes

Olympic Karate

Competition Kumite - all ranks

Saturdays 2:00-3:30pm

Competition Kata - all ranks

Fridays 7:00-8:30pm

KIAI (Karate Including All Individuals)

Fridays 4:30-5:00pm

Karate Youth & Adult

Karate Beginner

Ages 7+ White-Low Orange

Mon-Fri 5:00-6:00pm

Saturdays 10:00-11:00am

Karate Intermediate

Ages 7+ High Orange-High Purple

Tue/Thu/Fri 6:00-7:00pm

Saturdays 11:00am-12:00pm

Karate Advanced General

Ages 7+ Brown-Black

Saturdays 12:30-2:00pm

Karate Advanced Kata

Ages 7+ Brown-Black

Mon/Wed 6:00-7:30pm

Karate Advanced Kumite

Ages 7+ Brown-Black

Tue/Thu 6:00-7:00pm

Adult Karate

Ages 15+ All Ranks

Mon/Wed/Fri 10:00-11:00am

Tue/Thu 7:30-8:30pm

Act in Self Defense

All Levels, Ages 15+

Tue/Thu 7:30-8:30pm