



Effective Fall 2017

All Classes Require Pre-Registration

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

Karate Tots & Little Dragons

Parent Tot Movement

Ages 3-5 with a caregiver

Tue/Thu 10:30-11:30am

Karate Tots

Ages 3-4

Mon-Fri 3:30-4:00pm

Sat 8:30-9:00am

Little Dragons 1 Karate

Ages 5-6 White-Orange

Tue/Thu/Fri 4:30-5:00pm

Saturdays 9:00-9:30am

Little Dragons 2 Karate

Ages 5-6 Green & up

Tue/Thu/Fri 4:30-5:00pm

Saturdays 9:30-10:00am

Preschool & Kindergarten Enrichment

Ages 4-6

Tue/Thu/Fri 12:30-3:00pm

Karate Youth & Adult

Youth karate (ages 7+) All Ranks

Tue/Thu/Fri 5:00-6:00pm

Saturdays 10:00-11:00am

Adult karate (ages 14+) All Ranks

Tue/Thu 6:00-7:00pm

Saturdays 11:00am-12:00pm

Tue/Fri 9:30-10:30am

Advanced karate

Tue/Thu 7:00-8:00pm

Judo

Judo Tots

Ages 4-6

Mon/Wed 4:30-5:00pm

Judo Kids

Ages 7-12

Mon/Wed 5:00-6:00pm

Youth/Adult Judo

Ages 13+

Mon/Wed 6:00-7:00pm

Karate Specialty Classes

Olympic Karate

Beg-Adv

Fridays 6:00-7:00pm

Elite

Fridays 7:00-8:00pm

DOJO KUN

Strive for betterment of character • Protect the way of truth • Respect others • Foster the spirit of effort • Guard against impetuous courage