



Effective September 5, 2017

All Classes Require Pre-Registration

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

### Karate Tots & Little Dragons

#### *Karate Tots*

Ages 3-4

Mon-Thu 3:30-4:00pm

Saturdays 8:30-9:00am

#### *Little Dragons 1 Karate*

Ages 5-6 White-Orange

Mon-Thu 4:00-4:30pm

Saturdays 9:00-9:30am

#### *Little Dragons 2 Karate*

Ages 5-6 Green & up

Mon-Thu 4:30-5:00pm

Saturdays 9:30-10:00am

### Preschool & Kindergarten Enrichment

Ages 4-6

pre-registration required

Mon/Wed/Fri 9:00-11:30am

Tue/Thu 11:45-2:15pm

### Karate Specialty Classes

#### Olympic Karate

Competition Kumite - orange belts & up

Thursdays 7:00-8:00pm

Competition Kumite - Elite (by invitation only)

Thursdays 8:00-9:00pm

### Karate Youth & Adult

#### *Karate Beginner*

Ages 7+ White-Low Orange

*General*

Mon/Wed/Fri 5:00-6:00pm

Saturdays 10:00-11:00am

*Kata*

Tue 5:00-6:00pm

*Kumite*

Thu 5:00-6:00pm

#### *Karate Intermediate*

Ages 7+ High Orange-High Purple

*General*

Mondays 5:00-6:00pm

Wed/Fri 6:00-7:00pm

Saturdays 11:00am-12:00pm

*Kata*

Tue 6:00-7:00pm

*Kumite*

Thu 6:00-7:00pm Kumite

#### *Karate Advanced*

Ages 7+ Brown-Black

*General*

Saturdays 11:00-12:00pm

*Kata*

Mondays 7:00-8:00pm

*Kumite*

Tue 7:00-8:00pm

#### *Adult Karate*

Ages 15+ All Ranks

Mondays 6:00-7:00pm

Wednesdays 7:00-8:00pm

Tue/Thu 9:30-10:30am

#### *Family Karate*

Adults and their children welcome

Saturdays 12:00-1:00pm

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DOJO KUN

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

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