

ADULT SCHEDULE



	9:30 – 10:30	10:30 – 11:30	11:30 – 12:30	6:15 – 7:15	7:15 – 8:15	8:15 – 9:15
MONDAY				·Blend II ·Tai Chi	·Blend I ·Blend III ·Thai Boxing	·Blend II ·Blend IV&V ·100% Effort Jun Fan Workout
TUESDAY	·Blend III-IV-V	·Blend II	·Blend I	·Blend I	·Blend II ·Blend IV&V ·Boxing	·Blend I ·Blend III
WEDNESDAY				·Blend II ·Tai Chi	·Blend I ·Blend V ·Kali	·Blend III ·Thai Boxing II
THURSDAY	·Blend III-IV-V	·Blend II	·Blend I	·Blend I ·Tai Chi II ·100% Effort Women's Sparring	·Blend I ·Blend II ·Blend III	·Thai Boxing ·Blend IV & V
FRIDAY				·Blend II ·Blend III&IV ·100% Effort Jun Fan Workout	·Blend I ·Sparring	
	10:00 – 11:00	11:00 – 12:00	12:00 – 1:00	1:00 – 2:00	2:00 – 3:00	3:30 – 4:30
SATURDAY	·Blend IV & V ·Boxing		·Forrest Yoga	·Wrestling ·100% Effort Adv. JKD/Kali/Silat*		·Blend I & II
SUNDAY		·Blend I&II ·100% Effort Kali Workout	·Blend III ·100% Effort Jun Fan Workout ·Letha Yoga	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> * Purple belts and higher. Others with permission. </div>		

HOURS	
Monday	3:45 p.m. – 9:30 p.m.
Tuesday	9:15 a.m. – 12:30 p.m. 3:45 p.m. – 9:30 p.m.
Wednesday	3:45 p.m. – 9:30 p.m.
Thursday	9:15 a.m. - 12:30 p.m. 3:45 p.m. – 9:30 p.m.
Friday	4:15 p.m. – 8:15 p.m.
Saturday	10:00 a.m. – 4:45 p.m.
Sunday	10:00 a.m. – 1:00 p.m.

BLEND I – WHITE AND YELLOW
BLEND II – GOLD AND ORANGE
BLEND III – GREEN AND HIGH GREEN
BLEND IV – BLUE, HIGH BLUE, AND PURPLE
BLEND V – Brown III, Brown II, and Brown I

Note: To receive credit, you must participate in classes designated for your rank level.

What's Our Quest? TO BE OUR BEST!

What's Our Goal? BLACK BELT EXCELLENCE!

What Does T.E.A.M. Stand For? TOGETHER EVERYONE ACHIEVES MORE!

NINJA TURTLES • KARATE KIDS • TEEN WARRIORS SCHEDULE

	4:00 – 4:45	4:45 – 5:15	4:45 – 5:30	5:15 – 5:45	5:30 – 6:00	5:30 – 6:15	5:45 – 6:30	6:15 – 7:00	6:30 – 7:15
MONDAY	•Kids I	•Ninja Turtles I		•Ninja Turtles II			•Kids III		•Kids I •Kids II
TUESDAY	•Kids II		•Kids III •Teens III & IV			•Kids I •Teens I & II		•Kids III & IV (6:15-7:15)	
WEDNESDAY	•Kids I	•Ninja Turtles I		•Ninja Turtles II			•Kids II		•Kids I
THURSDAY	•Kids II		•Kids III & IV •Teens III & IV			•Kids I •Teens I & II		•Kids III & IV	
FRIDAY			•Kids III & IV •Teens I & II		•Ninja Turtles I	•Teens II I & IV	•Ninja Turtles II (6:00-6:30)		•Kids I
	11:00 – 12:00	12:00 – 12:30	12:30 – 1:00	1:00 – 1:45	1:45 – 2:30	2:30 – 3:15	3:15-4:00		
SATURDAY	•Kids IV	•Ninja Turtles II	•Ninja Turtles I	•Kids III	•Kids II	•Kids I Teens I&II	•Teens III & IV		

Ninja Turtles I	Ninja Turtles II
NT Camouflage Belts Only	NT White Belts & Above
Kids I	Teens I
White & Yellow Belts	White & Yellow Belts
Kids II	Teens II
Gold –Orange Belts	Gold & Orange Belts
Kids III	Teens III
Green – High Blue Belts	Green – High Blue Belts
Kids IV	Teens IV
Purple – Black Belts	Purple - Black Belts



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THE KIDS' STUDENT CREED

- I. I intend to develop myself in a positive manner and to avoid anything that would reduce my mental growth or physical health.
- II. I intend to develop self-discipline in order to bring out the best in myself and others.
- III. I intend to use what I learn in class constructively and defensively to help myself and others and never to be abusive or offensive.

(IV through VI are for Ninja Turtles & Karate Kids only)

- IV. I intend to keep my room and dojo clean.
- V. I intend to earn my Black Belt.
- VI. I intend to honor and respect my parents.

ATTENTION PARENTS OF KARATE KIDS!

ALL PROMOTIONS ARE HELD THE 1ST – 7TH OF EVERY MONTH.

In order to be eligible, your child must:

- Attend 8 classes consistently since the last promotion (belt or stripe)
- Turn in a Job List by the 20th of the month
- Turn in an Intent to Promote form (for belt promotions only) by the 20th
- Turn in a Black Belt Success Log (green belts & above only) by the 20th
- Pass the belt curriculum test

PLEASE MAKE UP ANY MISSED CLASSES WITHIN 30 DAYS!