

Find your Rank and Day!

Note: optional/additional must be added at the front desk. You can add individual extra classes or choose to be "unlimited"

Tournament Team is additional and only with the approval of Mr. J.

WHITE MON/WED

5:00-5:45 White Belt Technique
5:45-6:30 (M) Intro to Sparring (optional/additional)
5:45-6:30 (W) Intro to Weapons (optional/additional)
7:15-8:00 (W) Tournament Training (optional/additional)

WHITE TUES/THURS

5:30-6:15 White Belt Technique
6:15-7:00 (T) Intro to Sparring (optional/additional)
6:15-7:00 (TH) Intro to Weapons (optional/additional)
7:45-8:30 (M) Tournament Training (optional/additional)

YELLOW MON/WED

5:45-6:30 (M) Intro to Sparring (optional/additional)
5:45-6:30 (W) Intro to Weapons (optional/additional)
6:30-7:15 Yellow Belt Technique
7:15-8:00 (M) Tournament Training (optional/additional)

NEW KARATE SCHEDULE EFFECTIVE 10/3/11!

YELLOW TUES/THURS

6:15-7:00 (T) Intro to Sparring (optional/additional)
6:15-7:00 (TH) Intro to Weapons (optional/additional)
7:00-7:45 Yellow Belt Technique
7:45-8:00 Tournament Training (optional/additional)

ORANGE MON/WED

5:45-6:30 (M) Intro to Sparring (optional/additional)
5:45-6:30 (W) Intro to Weapons (optional/additional)
6:30-7:15 Orange Belt Technique
7:15-8:00 (W) Tournament Training (optional/additional)

ORANGE TUES/THURS

6:15-7:00 (T) Intro to Sparring (optional/additional)
6:15-7:00 (TH) Intro to Weapons (optional/additional)
7:00-7:45 Orange Belt Technique
7:45-8:00 Tournament Training (optional/additional)

PURPLE MON/WED

Monday-
5:45-6:30 Intermediate Weapons (optional/additional)
6:30-7:15 Purple Belt Technique
7:15-8:00 Tournament Training (optional/additional)

Wednesday-

6:30-7:15 Purple Belt Technique
7:15-8:30 Intermediate Spar/Condition (optional/additional)

BLUE MON/WED

Monday-
5:45-6:30 Intermediate Weapons (optional/additional)
6:30-7:15 Blue Belt Technique
7:15-8:00 Tournament Training (optional/additional)

Wednesday-

5:45-6:30 Blue Belt Technique
7:15-8:30 Intermediate Spar/Condition (optional/additional)

GREEN MON/TUES

Tuesday-

5:45-7:00 Green Belt Technique & Adv Weapons (must have weapons class added)
7:45-8:30 Tournament Training (optional/additional)

Wednesday -

6:30-7:15 Green Belt Technique
7:15-8:30 Intermediate Spar/Condition (optional/additional)

BROWN TUES/THURS/FRI

Tuesday-

5:45-7:00 Brown Belt Technique & Adv Weapons (must have weapons class added)

Thursday-

6:15-7:00 Brown Belt Technique
7:45-8:30 Tournament Training (optional/additional)

Friday-

5:30-7:00 Advanced Spar/Condition (optional/additional)

BLACK MON/THURS/FRI

Mon 8:00 & *Thurs* 8:30 Technique
Thurs 7:45-8:30 Tournament Training
Fri 5:30-7:00 Sparring & Conditioning