



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

Beg-Adv

Thursdays 7:00-8:00pm

Elite

Thursdays 8:00-9:00pm

Brazilian Jiu-Jitsu

Saturdays 1:30-2:30pm

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

DOJO KUN

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