



Effective September 5, 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

Mon/Wed 10:30-11:30am

Karate Tots

Ages 3-4

Mon-Fri 4:00-4:30pm

Sat 8:30-9:00am

Sun 9:00-9:30am

Little Dragons 1 Karate

Ages 5-6 White-Orange

Mon-Fri 4:30-5:00pm

Saturdays 9:00-9:30am

Sundays 9:30-10:00am

Little Dragons 2 Karate

Ages 5-6 Green & up

Mon-Fri 4:30-5:00pm

Saturdays 9:30-10:00am

Sundays 9:30-10:00am

Karate Youth & Adult

Youth karate (ages 7+) All Ranks

Mon-Fri 5:00-6:00pm

Saturdays 10:00-11:00am

Sundays 10:00-11:00am

Adult karate (ages 14+) All Ranks

Mon-Thu 6:00-7:00pm

Saturdays 11:00am-12:00pm

Mon/Wed 9:30-10:30am

Karate Advanced General

Ages 7+ Brown-Black

Mondays 7:00-8:30pm

Karate Specialty Classes

Olympic Karate

Wednesdays 7:00-8:00pm

Judo

Judo Tots

Ages 4-6

Tues/Thu 4:30-5:00pm

Saturdays 11:00-11:30am

Judo Kids

Ages 7-10

Tue/Thu 5:00-6:00pm

Saturdays 11:30am-12:30pm

Youth/Adult Judo

Ages 11+

Tue/Thu 6:00-7:00pm

Saturdays 12:30-1:30pm

DOJO KUN

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