

## Master Class Schedule

(revised 02/18/10)

Class	Monday "A" Day	Tuesday "A" Day	Wednesday "B" Day	Thursday "B" Day	Friday "A/B" Day	Saturday
<b>Beginning Karate Kids</b> .....Ages 5-11 Ranks of White, Gold	5:30-6:15p	4-4:45p	5:30-6:15p	4-4:45p	4:45-5:30p	
<b>Intermediate Karate Kids</b> .....Ages 5-11 Ranks of Orange, Blue and Purple	4:45-5:30p	5:30-6:15p	4:45-5:30p Students bring safety gear	5:30-6:15p Students bring safety gear	4:45-5:30p	
<b>Advanced Karate Kids</b> .....Ages 11 & under Must hold rank of 1 <sup>st</sup> degree Green and up	6:15-7p	4:45-5:30p	6:15-7p Students bring safety gear	4:45-5:30p Students bring safety gear		
<b>Black Belts</b>	4-4:45p	6:30-7:30p	4-4:45p	6:30-7:30p		
<b>Adults</b> .....Ages 12/13 & up	6:30-7:15p	6:15-7p	6:15-7p	6:15-7p		9:15-10a
<b>Judo/Jujitsu</b>			6-7:30p			
<b>Iaido (Art of the Sword)</b> Meets on 1 <sup>st</sup> Sunday of each month.....1-2:30 <i>Check monthly calendar</i>						
<b>Kickboxing Aerobics</b> Operates in 6-week sessions		7-7:45p		7-7:45p		8:30-9:30a



**Established 1981**

We are located at:  
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(next to Herb Lord Realtors)  
White House, TN

Phone:  
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Email:  
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Website:  
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Mailing:  
P.O. Box 1432  
White House, TN 37188

### Uniform Requirements

- Students should bring their rank-required safety gear on "B" Day Classes.
- Student uniforms should be clean, ironed and free from stain and odor upon arrival for each class. Uniforms should be properly hemmed and fitted.
- Ladies should wear a white shirt under their uniform top that is tucked into their uniform pants.
- Gentlemen are not allowed to wear t-shirts under their top.
- Any hair that touches the top of the uniform top should be worn up and away from the face.
- No jewelry is to be worn with the uniform.

### Students should attend one "A" class and one "B" class each week

"A" day classes will focus on Kata and Basics  
"B" day classes will focus on Sparring, Sparring Drills & Self Defense

### Mandatory Gear Requirements for Children

- Children 5-11 years should add safety gear after reaching the rank of Orange Belt.
- Students 12 years & up should own safety gear no later than Gold Belt.
- Gear can be ordered through the dojo. See student manager to select type and for pricing information.

### Belt Testing

Belt testing will be conducted on the 1<sup>st</sup> Saturday of each month.  
*Check the monthly calendar for the exact date.*

### Private Classes

These classes are offered to students needing extra help with curriculum. Private classes can be scheduled at the front desk and are offered on Fridays from 3:45-4:45 and are scheduled in 20-minute blocks. (These times fill quickly so please consider scheduling well in advance.)



Proud Members

