

Master Class Schedule

Revised: 1.31.13

Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginning Karate Kids.....Ages 5-8 Ranks of White & Gold	5:30-6:15p	4-4:45p	5:30-6:15p	4-4:45p		
Intermediate Karate Kids.....Ages 5-8 Ranks of Orange, Blue and Purple	4:45-5:30p	5:30-6:15p	4:45-5:30p	5:30-6:15p		
Advanced.....Ages 16 & under Ranks of 1 st Degree Green & Up	4-4:45p	4:45-5:30p	4-4:45p	4:45-5:30p		
Adults.....Ages 13 & up All Ranks	6:30-7:15p	6:15-7:15p	6:15-7p *Basics & Kata Only	6:15-7:15p		9:15-10a *Informal Class
Wakamusha (Young Warriors) Ages 8 to 12	5:30-6:15p	5:30-6:15p	5:30-6:15p	5:30-6:15p		
Judo.....Meets 1 st & 3 rd Saturday of each month - Check Monthly Calendar for dates	9:00-10:30am 1 st & 3 rd Saturday					



Established 1981

We are located at:
2902C Hwy. 31-W
(next to Herb Lord Realtors)
White House, TN

Phone:
(615) 672-5128

Email:
vanattaskarate@comcast.net

Website:
www.vanattasmartialarts.com

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

Uniform Requirements

- 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.
- Toenails should be trimmed and clean

Mandatory Gear Requirements for All students:

- Students 8 years & up should own safety gear no later than Gold Belt
- Students should bring safety gear to each class
- Gear can be ordered through the dojo. See student manager to select type and for pricing information.

Monthly Belt Testing

Check the monthly calendar for belt testing schedule



Proud Member

