

Class Schedule * Effective - January 4, 2010 to April 30, 2010 *

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Afternoon & Evening Classes</i>	Sparring & Sparring Drills	Forms & Stances	Self-Defense & Kicking Combinations	Board Breaking & Weapons	Kicks & Pads	Hand Techniques & One-Steps
4:00 to 4:45	Blue to Black	Green to Purple-1	White to Orange	Green to Purple-1 <i>Specialty Program Students Green to Purple-1</i>	White to Orange	<i>Morning Classes</i>
4:45 to 5:30	Yellow to Orange	Blue to Black	Green to Purple-1	White to Orange <i>Specialty Program Students Yellow to Orange</i>	Green to Black	9:00 to 9:45 Yellow to Black
5:30 to 6:15	Green to Purple-1	White to Orange	Blue to Black	Blue to Black <i>Specialty Program Students Blue to Black</i>	Thai Boxing Teens & Adults	9:45 to 10:30 Thai Boxing Teens & Adults
6:15 to 7:00	Thai Boxing	Thai Boxing	Thai Boxing	Thai Boxing		10:30 to 11:15 <i>Specialty Program Students All Belts</i>
7:00 to 7:45	Teens & Adults	Teens & Adults	Teens & Adults	Teens & Adults		

- **Yellow Belt** students and above are **Required** to bring full **Sparring Gear** to **Monday's Sparring** class.
- **Specialty Program Classes:** Masters Program students can bring your weapons to the **Thursday's** Class.
January - Sai. **February** - 3 Section Staff. **March** - Tonfa. **April** - Staff.
 - **Specialty Program Classes:** The **Saturday 10:30am to 11:15am** class is for Specialty Program students only, CIT, Leadership, & Masters Programs - All Belts.
- **Purple Belt** students and above are **Required** to bring all weapons (Staff & Sai) to **Thursday's** class.
 - **Teens** class is for White Belt students & above, ages **10 to 13** years old only.
 - **All Students are Required** to attend at least **2 Sparring** classes per month consistently to qualify for the monthly testing.
 - **For Best Results:** Students should try to attend **2 to 3** days per week alternating.
 - **Class Schedule** is subject to change every **4** months to accommodate changing number of students in the ranks after promotional exams, **January, May & September**.
 - **Studio Hours:** **Monday to Friday 7:00am to 4:00pm**, by Appointment only.
Monday to Thursday 4:00pm to 7:45pm,
Friday 4:00pm to 6:15pm, Saturday 9:00am to 11:15am, Sunday Closed.
 - **Testing's:** January 30th, February 27th, March 27th, April 24th.
 - **Time: 10:00am** - **White Belt** to **Red Belt**.