

<b>Course Progression Stages</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>
<b>TINY TIGERS</b>					Sparring/Protech	
<b>BLACK BELT COURSE (30 MIN)</b>		5:00	5:30	5:00	5:30	9:45
<b>LEGACY (20 MIN)</b>		4:40	5:10	4:40	5:10	9:45
<b>KARATE FOR KIDS</b>						
<b>BLACK BELT COURSE BEGINNERS (40 MIN)*</b>		5:30	6:00	5:30	6:00	10:15
<b>LEGACY (30 MIN)</b>		6:10	6:40	6:10	6:00	10:15
<b>BLACK BELT COURSE ADVANCED (40 MIN)**</b>		6:40	7:10	6:40	6:00	10:15
<b>MARTIAL ARTS FOR ADULTS</b>						
<b>BLACK BELT COURSE (30 min class)</b>			8:00		8:00	11:45
<b>LEGACY (45 min class)</b>			8:00		8:00	11:45
<b>KRAV MAGA</b>						
<b>BLACK BELT COURSE (30 min class)</b>		8:15		8:15		9:00
<b>LEGACY (45 min class)</b>		8:15		8:15		9:00
<b>Special Training by Invittion Only</b>						
<b>BLACK BELT ONLY</b>		7:20		7:20		11:00
<b>DEMO TEAM</b>					6:40	
<b>CIT &amp; PIC</b>					7:15	
<b>COMPETITION TEAM (60 MIN)</b>						12:30

\* BBC Beginner = White Belt thru Purple Belt

\*\* BBC Advanced = Blue Belt & Above

Every Friday and Saturday is ATA T-shirt, Pants & Belt Day Only. It is required to have the proper package for the Class.

### STUDENTS ARE EXPECTED TO:

- 1.- Arrive 10-15 minutes prior to class.
- 2.- Have ALL equipment needed for applicable program.  
Please, have student's name on all equipment.
- 3.- Keep uniform neat, clean and odor free.
- 4.- Quietly prepare for class (do not disturb class in session).
- 5.- Always show respect to your instructors and fellow students.
- 6.- Always be well-mannered, behave properly, and remind guests to do the same.
- 7.- Attend class on regular and consistent schedule.
- 8.- Make arrangements with instructors for private make-up classes (\$35 ½ Hour Session)
- 9.- Show proper effort and spirit in the classroom.
- 10.- Practice and exercise at home for better results.
- 11.- Memorize and apply the applicable Student's Creed.
- 12.- Develop and maintain a positive, well-disciplined attitude.
- 13.- Parents are expected to be quiet during all sessions.
- 14.- Be picked up maximum of 15 minutes after the class ends.