



# Anderson Schedule


Monday

Tuesday

Wednesday

Thursday

**Little Ninja Skills and Drills program ages 4-6: confidence, coordination, balance, focus, body control, listening, weight loss, self esteem stranger danger and bully busting**

	Beginner Ninjas		5:00pm-5:35pm		5:35 pm-6:15pm
	Advanced Ninjas		5:35 pm-6:15pm		5:35 pm-6:15pm

**Junior Program Ages 7-12: Traditional Karate techniques, self defense, confidence, coordination, balance, focus, listening, self esteem, weight loss, Stranger danger and bully busting**

Beginner Kids	White -Yellow Belt		6:15pm-7:00pm		6:15pm-7:00pm
Novice Kids	Orange - Green Belt I		6:15pm-7:00pm		6:15pm-7:00pm
Intermediate - Advanced Kids	Green II - Black Belt		6:15pm-7:00pm		6:15pm-7:00pm

**Adult Program Ages 13 and up: Traditional Matsubayshi Ryu Karate techniques, self defense, confidence, coordination, balance, focus, listening, self esteem, weight loss**

Beginner - Novice Adult	White - Green Belt I		7:00pm-7:50pm		7:00pm-7:50pm
Intermediate - Advanced Adult	Green II - Black Belt		7:00pm-7:50pm		7:00pm-7:50pm

### School Reminders

Please arrive 5-10 minutes prior to class time

Please wash you gi and keep your nails trimmed

Bring your pads and Handbooks to class

No sparring unless a black belt is present

Everyone bow when entering or leaving the training floor

**Mastin's School of Martial Arts**

(513) 936-0989 School

(513) 265-2340 Sensei

[www.mastinkarate.com](http://www.mastinkarate.com)

**EFFECTIVE 9/13/11**