



# Extreme Class



NEW Wednesday NIGHT  
SCHEDULE / CLASS CHANGE

**Beginning Wednesday, May 31<sup>st</sup>**

**6:00pm-7:15pm**

**This is similar to comp class but the focus will be on our extreme fitness, traditional weapons and developing our kata with the increased concentration (similar to the way we did with our tournament kata)**

Be sure to wear your Gi pants and Dojo T-shirt or Gi Top

Bring a water, towel, notebook pad and pen,

sparring equipment, weapons

and be ready to work!



Open to all ranks and age groups. This is not your normal class.  
Make sure you are ready to work hard and sweat.