



# MASTIN'S SCHOOL OF MARTIAL ARTS

## SILVERTON DOJO SCHEDULE

Program	Rank or Level	Monday	Tuesday	Wednesday	Thursday	Saturday
<b>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</b>						
	White -Yellow Belt	5:45pm-6:15pm		5:45pm-6:15pm	6:30pm**	9:30am-10:05am
	Orange - Green Belt I	5:45pm-6:30pm		5:45pm-6:30pm	6:30pm**	9:30am-10:15am
<b>Junior Program Ages 7-12: Traditional Karate techniques, self defense, confidence, coordination, balance, focus, listening, self esteem, weight loss, Stranger danger and bully busting</b>						
Beginner Kids	White -Yellow Belt	6:30pm-7:15pm		6:30pm-7:15pm	6:30pm**	10:15am -11:00pm
Novice Kids	Orange - Green Belt I	6:30pm-7:15pm		6:30pm-7:15pm	6:30pm**	10:15am -11:00pm
Intermediate - Advanced Kids	Green II - Black Belt	6:30pm-7:15pm		6:30pm-7:15pm	6:30pm**	10:15am -11:00pm
<b>Adult Program Ages 13 and up: Traditional Matsubayshi Ryu Karate techniques, self defense, confidence, coordination, balance, focus, listening, self esteem, weight loss</b>						
Beginner - Novice Adult	White - Green Belt I	7:20pm-8:15pm		7:20pm-8:15pm	6:30pm**	8:35am- 9:30am
Intermediate - Advanced Adult	Green II - Black Belt	7:20pm-8:15pm		7:20pm-8:15pm	6:30pm**	8:35am- 9:30am
<b>All Blackbelts: Black belt level training</b>						
Blackbelt Class	Open to all 1k Kyu & Blackbelt Ranks					Beginning in November (New Seminar Format)
Private Lessons/ Sparring	Must be scheduled	5:15pm		5:15pm		
Advanced Class / Leadership is designed for the serious student who has a desire to learn to help others.						
Advanced Class	Brown Belt & up all ages			8:15pm-8:45pm		

### School Reminders

\*\* Family Class (all ages / ranks)

**Please arrive 5-10 minutes prior to class time**      **Parents please pick your children up upon completion of the class**

**Please wash your gi (DON'T LEAVE GI'S AT THE DOJO )**

- If you're late, be sure to bow in before participating with class activity
- Juniors please come dressed in clean gi and place belongings in the locker room
- When straightening your gi, always turn around and face the back of the class
- Everyone bow when entering or leaving the training floor
- Do not talk or be disruptive when your instructor is teaching
- Bring your pads and Handbooks to class
- Place shoes and other belongings in the Changing room

- Always be respectful of your Sensei or Senior Student
- Never argue or make excuses for mistakes
- Turn in your card, line up quickly in order of Rank
- Always try to look interested and alert
- Please don't bring pop or food into the school (only water)
- Never use your skills to settle disputes
- Be responsible for your words and actions
- keep your nails trimmed

**Mastin's School of Martial Arts**

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**Please keep the noise level down in the lobby and changing rooms**

**Rank:** Does not confer privilege or power. It imposes responsibility!

**Consistency:** Should be your number one objective. Consistency will beat out talent every time.

**10/29/2011**