



Mastin's School of Martial Arts



Silverton Dojo Schedule

Program	Rank or Level	Monday	Tuesday	Wednesday	Thursday	Saturday
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						
	White -Yellow Belt	5:45pm-6:30pm	with approval	with approval	No Class	9:30am-10:15am
	Orange - Green Belt I	5:45pm-6:30pm	with approval	with approval	No Class	9:30am-10:15am
			KATA CLASS			
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 -Novice Kids	White -Blue Belt	6:30pm-7:15pm	6:00pm-6:45pm	6:00pm-6:45pm	No Class	10:15am -11:00pm
Intermediate - Advanced Kids	Green I - Black Belt	6:30pm-7:15pm	6:50pm-7:45pm	6:50pm-7:45pm	No Class	10:15am -11:00pm
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 -Blue Belt	7:20pm-8:20pm	6:00pm-6:45pm	6:00pm-6:45pm	No Class	8:35am- 9:30am
Intermediate - Advanced Adult	Green I - Black Belt	7:20pm-8:20pm	6:50pm-7:45pm	6:50pm-7:45pm	No Class	8:35am- 9:30am
All Blackbelts: Black belt level training						
Blackbelt Class	Open to all Ni Kyu - Blackbelt Ranks		7:45pm-8:15pm	7:45pm-8:15pm		New Seminar Format
Private Lessons/ Sparring	Must be scheduled	5:00pm		5:00pm		11:15am

School Reminders

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

Parents please pick your children up upon completion of the class

Please arrive 5-10 minutes prior to class time

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

Place shoes and other belongings in the Changing 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 to class

USE DEODORANT

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

Juniors please come dressed in clean gi - place belongings in the locker room

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

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

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

**Wednesday classes have new times
and classes are broken down by rank.
There is NO Little Ninja Class on Wednesday.
Advanced Ninjas may attend the 6:00pm
classes on Tuesday
and Wednesday with approval.**

Mastin's School of Martial Arts

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