



Silverton Schedule

7/13/2010

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						
	All Ranks	5:45pm-6:25pm		5:45pm-6:25pm	6:30pm**	10:30am-11:10am
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	6:30pm-7:15pm		6:30pm-7:15pm	6:30pm**	11:15am -12:00pm
Novice Kids	Orange - Green Belt I	6:30pm-7:15pm		6:30pm-7:15pm	6:30pm**	11:15am -12:00pm
Intermediate - Advanced Kids	Green II - Black Belt	6:30pm-7:15pm		6:30pm-7:15pm	6:30pm**	11:15am -12:00pm
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	7:20pm-8:15pm		7:20pm-8:15pm	6:30pm**	9:30am- 10:20am
Intermediate - Advanced Adult	Green II - Black Belt	7:20pm-8:15pm		7:20pm-8:15pm	6:30pm**	9:30am- 10:20am
Sport Karate: must be a member of Competition Team						
Competition Class						SCHEDULED CLASS 12:30pm- 2:30pm
Weapons Class: Traditional Weapons Bo, Sai Kama Nunkucka and Tonfa						
Weapons Class	Green Belt & up all ages			8:15pm-8:45pm		
All Blackbelts: Black belt level training						
Blackbelt Class		Open to all Ik Kyu & Blackbelt Ranks				8:30am- 9:30am (1st Saturday of the month)
Private Lessons/ Intros / Sparring	Must be scheduled	5:15pm		5:15pm		
Leadership Class is designed for the serious student who has a desire to learn to help others.						
Leadership Class	Green Belt & up all ages			8:15pm-8:45pm		SWAT Training 12:15pm (1st Saturday of the month)

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 and keep your nails trimmed
- 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

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

- 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

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

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