



# Western Hills Schedule

Saturday

Little Ninja Skills and Drills program ages 4-7: confidence, cordination, balance, focus, body control, listening, weight loss, self esteem stranger danger and bully busting

	Beginner Ninjas					11:45am-12:15pm
	Advanced Ninjas					11:45am-12:15pm

Junior Program Ages 8-12: Traditional Karate techniques, self defense, confidence, cordination, balance, focus, listening, self esteem, weight loss, Stranger danger and bully busting

Beginner Kids	White -Yellow Belt					11:45am-12:45pm
Novice Kids	Orange - Green Belt I					11:45am-12:45pm
Intermediate - Advanced Kids	Green II - Black Belt					11:45am-12:45pm

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

Beginner - Novice Adult	White - Green Belt I					11:45am-12:45pm
Intermediate - Advanced Adult	Green II - Black Belt					11:45am-12:45pm

### 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)