



Anderson Schedule

Monday

Tuesday

Wednesday

Thursday

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

	Beginner Ninjas		5:00pm-5:30pm		5:00pm-5:30pm
	Advanced Ninjas		5:35 pm-6:15pm		5:35 pm-6:15pm

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		6:15pm-7:00pm		6:15pm-7:00pm
Novice Kids	Orange - Green Belt I		6:15pm-7:00pm		6:15pm-7:00pm
Intermediate - Advanced Kids	Green II - Black Belt		6:15pm-7:00pm		6:15pm-7:00pm

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		7:00pm-8:00pm		7:00pm-8:00pm
Intermediate - Advanced Adult	Green II - Black Belt		7:00pm-8:00pm		7:00pm-8:00pm

Sport Karate: Classes are held on Saturdays at the Silverton Location from 12:00pm -2:30pm

Competition Class					
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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

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