



# Western Hills Schedule

Saturday

**Little Ninja Skills and Drills program ages 4-7: confidence, coordination, 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, coordination, balance, focus, listening, self esteem, weight loss, Stranger danger and bully busting**

Beginner Kids	White - Yellow Belt				12:20pm-1:05pm
Novice Kids	Orange - Green Belt I				12:20pm-1:05pm
Intermediate - Advanced Kids	Green II - Black Belt				12:20pm-1:05pm

**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 your 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)