

Matsubayashi-ryu - Mastin Dojo



Schedule

Program	Rank or Level	Monday	Tuesday	Wednesday	Thursday	Saturday
Little Ninja Program	White -Yellow Belt	5:45pm-6:25pm				9:30am-10:10am
Ages 4-6 years old	Orange - Green Belt I	5:45pm-6:25pm				9:30am-10:10am
New Times						
Junior Program	White -Blue Belt	6:30pm-7:15pm	6:00pm-6:30pm	6:00pm-7:00pm	6:30pm-7:45pm	10:15am -11:00pm
Ages 7-12 years old	Green I - Black Belt	6:30pm-7:15pm	6:00pm-6:45pm	6:00pm-7:00pm	6:30pm-7:45pm	10:15am -11:00pm
Adult Program	White -Blue Belt	7:20pm-8:20pm	6:00pm-6:45pm	6:00-7:00pm	6:30pm-7:45pm	8:30am- 9:25am
Ages 13 & up	Green I - Black Belt	7:20pm-8:20pm	6:00pm-6:45pm	6:00-7:00pm	6:30pm-7:45pm	8:30am- 9:25am
Advanced Class	Brown Belt I & UP		6:45pm-7:40pm			
Weapons Training	Green I - Black Belt		7:40pm-8:15pm			
Private Lessons/ Sparring	Must be scheduled	5:00pm		5:00pm		11:15am
						Effective 3/1/2017

Please see school reminders and contact information on the back of this schedule

School Reminders

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

www.mastinkarate.com

Phone: 513-265-5484
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Mastin Dojo

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