

Japan Ways Class Schedule

Revised 08/04/2016

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kids Beginner Basics		4:45pm-5:30pm		4:45pm-5:30pm			Closed
Beginner Basics	5:45pm-6:30pm	5:30pm-6:15pm	5:45pm-6:30pm	5:30pm-6:15pm		10:00am-11:00am	Closed
Intermediate	6:30pm-7:30pm	6:15pm-7:15pm	7:00pm-7:45pm	6:15pm-7:15pm		11:00am-12:00pm	Closed
Advanced		7:15pm-8:15pm		7:15pm-8:15pm			Closed
Beginner Weapons Advanced Weapons			6:30pm-7:00pm 7:45pm-8:30pm				Closed
General Training *					5:45pm-6:30pm	8:00am-9:00am	Closed
Kumite (Sparring)					6:30pm-7:30pm		Closed
Open Training						9:00am-10:00am	Closed

Kids Class: This class is open to children aged 5-10 years old. The curriculum covers requirements for 10th Kyu Yellow Belt and 9th Kyu Orange Belt.

Beginner Basics: This class is open to all ages and ranks. The curriculum covers requirements for 10th Kyu Yellow Belt and 9th Kyu Orange Belt.

Intermediate Class: This class is open to all ages and ranks, but is recommended for Orange Belts to High Purple Belts. The curriculum for this class covers material from 8th Kyu Blue Belt to 3rd Kyu Brown Belt.

Advanced Class: This class is open to Brown and Black Belts of all ages. The advanced curriculum covers 2nd Kyu Middle Brown Belt up through Dan grades (Black Belt levels).

Kobudo (weapons) Class: This traditional weapons class is open to all ages and ranks. The class covers basic and advanced training for the Bo, Sai, Tonfa and Kama. Kobudo training is required for advancement in belt testing for 9th Kyu Orange Belt and above.

Kumite (Sparring) Class: This class is open to all students 9th Kyu Orange Belt and above. Sparring techniques, strategies and Jiyu Kumite matches will be covered.

***General Training Class:** This class is open to all students and can cover a wide range of karate training techniques and topics.

Open Training: This time is open to all students and offers an open informal session to review and train curricula of your choosing. An instructor will be available to answer questions.

Special Note: Please keep in mind that students must attend classes which cover curriculum necessary for advancement in your next belt level. As an example, a 2nd Kyu Brown Belt will not learn material needed for 1st Kyu Brown in Intermediate or Beginner Basics classes, they must take Advanced class to learn the required material. All students are required to bring mouth guards and kumite mitts to every class and male students must wear groin protection.