



Little Dragons: ages 4 - 6

Children: ages 7 - 12

Adults: ages 13 and up

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Little Dragons 4:30 - 5:00 All Belts	Little Dragons 4:30 - 5:00 All Belts	Little Dragons 4:30 - 5:00 All Belts	Little Dragons 4:30 - 5:00 All Belts	<i>Special events:</i> <ul style="list-style-type: none"> • <i>Seminars</i> • <i>Bring a friend day</i> • <i>Demo team</i> • <i>Birthday parties</i> <i>by announcement</i> <i>Private instruction by appointment only</i>	STORM Team 9:00 - 9:30 AM
Children 5:00 - 5:45 White to Purple	Children 5:00 - 5:45 White to Purple	Sparring Ages 4-9 5:00 - 5:45 All Belts	Children 5:00 - 5:45 White to Purple		Little Dragons 9:30 - 10:00 AM All Belts
Children 5:45 - 6:30 Blue to Brown	Children 5:45 - 6:30 Blue to Brown		Children 5:45 - 6:30 Blue to Brown		Children 10:00 - 10:45 AM All Belts
Children 6:30 - 7:15 High Brown & Black	Family Class 6:30 - 7:15 All Belts	Sparring Ages 10-12 5:45 - 6:30 All Belts	Family Class 6:30 - 7:15 All Belts		Children Sparring 10:45 - 11:30 All Ages & All Belts
Adults 7:15 - 8:15 All Belts	Adults 7:15 - 8:15 All Belts	Children 6:30 - 7:15 High Brown to Black	Adults Sparring 7:15 - 8:15 All Belts		Adults 11:30 - 12:30 All Belts
		Adults 7:15 - 8:15 All Belts			

Rules of the Dojang

1. Arrive at least 5 minutes prior to class.
2. Attend twice a week.
3. Students should bow to the master instructor, the flag and to the black belt instructors when entering or leaving the Dojang.
4. Show respect to the senior belts, older students and fellow students.
5. Pull attendance card prior to class.
6. Keep uniform neat.
7. Help keep the Dojang clean and organized.
8. All training materials should be put in proper place after use.
9. Bring sparring equipment to every sparring class.

To participate in contact sparring, all students must have the appropriate sparring gear.