



East Coast Karate & Kickboxing

401-539-1111 / www.eastcoastkarate.net



Fall 2010 Class Schedule

Class	Monday (A-Day)	Tuesday (A-Day)	Wednesday (B-Day)	Thursday (B-Day)	Friday (misc)	Saturday (misc)
Youth Karate Program						
Lil' Dragons <i>(ages:3-5)</i>		4:15pm		4:15pm		9:30am Room 2
Youth Students are expected to bring sparring gear to all B-Day Classes						
Youth Beginner <i>(White-Blue/Black)</i> <i>(ages:6-11)</i>	5:30pm	4:45pm	5:30pm Even Weeks: Sparring Odd Weeks: Self Defense	4:45pm		10:00am Room 1
Youth Intermediate <i>(Green - Brown/Black)</i> <i>(ages:6-11)</i>	4:45pm	5:30pm	4:45pm Even Weeks: Sparring Odd Weeks: Self Defense	5:30pm		10:00am Room 1
Youth Advanced <i>(All Jr Black)</i>		6:15pm	Even Weeks: Sparring Odd Weeks: Yakusoku/Self Def.	6:15pm		10:00am Room 1
Youth Weapons					4:45pm	
Adult & Teen Programs						
Adult/Teen Students are expected to bring sparring gear to all B-Day Classes						
Teen Karate <i>(Ages:12-16)</i>		7:00pm	Even Weeks: Sparring Odd Weeks: Yakusoku/Self Def.	7:00pm		10:00am Room 2
Adult Karate <i>All Ranks (17+)</i>	7:00pm	10:00am	7:00pm Even Weeks: Sparring Odd Weeks: Yakusoku/Self Def.	10:00am		10:00am Room 2
Brown/Black Belts Only	7:45pm					10:00am Room 2
Adult Weapons <i>(Purple Belt & Up)</i>			7:45pm			11:00am
Kickboxing	6:15pm		6:15pm			9:15am Room 2
Demo Team						12:00pm
Leadership		7:45pm				
Saturdays afternoons reserved for Special Events and Birthday Parties						

Please attend one "A-Day" & one "B-Day" class per week.
(A-Day: kata patterns / B-Day: self defense & sparring)

Schedule Begins: Tuesday, September 7th, 2010