



CLASS SCHEDULE

T I M E	M O N	T U E S	W E D	T H U R S
5:00 – 5:30	LIL' DRAGONS (All Ranks)		LIL' DRAGONS (All Ranks)	
5:30 – 6:15	LIL' NINJAS (All Ranks A Day)	LIL' NINJAS (All Ranks B Day)	LIL' NINJAS (All Ranks A Day)	LIL' NINJAS (All Ranks B Day)
6:15 – 7:00	JR's AIKI-KEMPO (Beg/Int)	JR's AIKI-KEMPO (Int/Adv)	JR's AIKI-KEMPO (Beg/Int)	JR's AIKI-KEMPO (Int/Adv)
6:15 – 7:15	JR's AIKI-KEMPO (Black Belt Club)	JR's AIKI-KEMPO (Black Belt Club)	JR's AIKI-KEMPO (Black Belt Club)	JR's AIKI-KEMPO (Black Belt Club)
6:15 – 7:30	JR's AIKI-KEMPO (Masters Club)	JR's AIKI-KEMPO (Masters Club)	JR's AIKI-KEMPO (Masters Club)	JR's AIKI-KEMPO (Masters Club)
7:30 – 8:30	AIKI-KEMPO (Beg/Int)	AIKI-KEMPO (Int/Adv)	AIKI-KEMPO (Beg/Int)	AIKI-KEMPO (Int/Adv)
7:30 – 8:45	AIKI-KEMPO (Black Belt Club)	AIKI-KEMPO (Black Belt Club)	AIKI-KEMPO (Black Belt Club)	AIKI-KEMPO (Black Belt Club)
7:30 – 9:00	AIKI-KEMPO (Masters Club)	AIKI-KEMPO (Masters Club)	AIKI-KEMPO (Masters Club)	AIKI-KEMPO (Masters Club)
9:00 – 9:30		BLACK BELT (Advanced)		BLACK BELT (Advanced)

CLASSES:

Lil' Dragons = Ages 3 to 4 (30 minute class), student wears Lil' Dragon uniform (gi)

Lil' Ninjas (A Day) = Ages 5 to 6 (45 minute class) on Monday & Wednesday, student wears Lil' Ninjas uniform (gi)

Lil' Ninjas (B Day) = Ages 5 to 6 (45 minute class) on Tuesday & Thursday, student wears Lil' Ninjas uniform (gi)

Juniors Aiki-Kempo = Ages 7 to 12 (45 to 1 hr 15 minute class depending on program), student wears appropriate program uniform (gi)

Adult Aiki-Kempo = Ages 13 and up (1 to 1 hr and ½ hour class depending on program), student wears appropriate uniform (gi)

LEVELS:

Beg/Int = White, Yellow & Orange Belt (Int/Adv encouraged to attend to maintain fundamentals)

Int/Adv = Purple through Black Belt (Beg/Int welcome to attend)

Black Belt = 1st Degree Black Belt (Shodan) and above

PROGRAMS/UPGRADES:

Lil' Dragons = This is a 6 month program and includes two classes per week (Lil' Dragon Gi)

Lil' Ninjas (A Day) = This is a 6 month program and includes two classes per week (Monday & Wednesday), student wears Lil' Ninjas Gi.

Lil' Ninjas (B Day) = This is a 6 month program and includes two classes per week (Tuesday & Thursday), student wears Lil' Ninjas Gi.

Juniors Aiki-Kempo BASIC: *

This is a 6 month program and includes unlimited Jr's Aiki-Kempo Basic classes for 45 minutes (Black Gi)

Juniors Aiki-Kempo BLACK BELT CLUB: *

This is a 1 year program and includes unlimited Jr's Aiki-Kempo Basic plus, an additional 15 minutes of class & sparring (Blue Gi w/club patch & must have sparring gear)

Juniors Aiki-Kempo MASTERS CLUB: *

This is a 1 year program and includes unlimited Jr's Aiki-Kempo Basic & BBC plus, an additional 15 minutes of class, sparring & weapons training. (Red Gi w/club patch and must have sparring gear & Bokken and Jo)

Adult Aiki-Kempo *

This is a 6 month program and includes unlimited Aiki-Kempo Basic classes for 1 hour (Black Gi)

Adult Aiki-Kempo BLACK BELT CLUB: *

This is a 1 year program and includes unlimited Aiki-Kempo Basic plus, an additional 15 minutes of class & sparring (Blue Gi w/club patch & must have sparring gear)

Adult Aiki-Kempo MASTERS CLUB: *

This is a 1 year program and includes unlimited Aiki-Kempo Basic & BBC plus, an additional 15 minutes of class, sparring & weapons training. (Red Gi w/club patch and must have sparring gear & Bokken and Jo)