



CHAMPIONS DOJO SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00a							
10:00a						KARATE ALL RANKS/ ALL AGES	
11:00a						NATIONAL TEAM TRAINING 11am-1pm	
12:00p							
1:00p							
2:00p							
3:00p		NATIONAL TEAM KATA					
4:00p		NATIONAL TEAM KUMITE SKILLS					
5:00p	Advanced KATA	FUNDamentals	Adv. Kumite	ALL RANKS under 12 y/o			
6:00p	FUNDamentals Karate class	Advanced KATA	FUNDAMENTALS OF KUMITE	ALL RANKS OVER 12 y/o			
7:00p	NATIONAL TEAM KATA						
8:00p							

FUNDamental class = From Beginners TO Orange belt ; **Advanced** - Orange Stripe Belt & Higher

(To be part of our COMPETITION TEAM you MUST be an ELITE team member and have authorization from Shihan)

BASIC = 2XWEEK, STANDARD = 3XWEEK, ELITE = MAY TRAIN EVERYDAY

To train in more than one class/day must be an elite member. Shihan approved and space for those taking only one class that day

LOOKING AHEAD** Watch the DISCORD app and our bulletin board for new dates that we may add after printing**

June 30- July 7 DOJO CLOSED NATIONAL CHAMPIONSHIPS

Sept 1 DOJO CLOSED / LABOR DAY

STAY IN THE LOOP - POINT YOUR CAMERA HERE - JOIN

