



**TRADITIONAL
KARATE CENTER** 剛柔流

TKC TRAINING SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 6 PM TEAM KATA Ages: ALL	5:15 – 6 PM NINJA & SAMURAI COMBINED	5:15 – 6 PM NINJA & SAMURAI COMBINED	5:15 – 6 PM NINJA & SAMURAI COMBINED		9 – 10 AM OLYMPIC KARATE Ages: <11	
6 – 7 PM OLYMPIC KARATE Ages: <11	6 – 7 PM GOJUKAN Ages <11	6 – 7 PM GOJUKAN Ages <11	6 – 7 PM GOJUKAN Ages <11		10 – 10:30 AM TEAM CONDITIONING Ages: ALL	
7 – 8 PM TEAM KUMITE Ages: 11+	7 – 8 PM IKGA Ages: 11+	7 – 8 PM IKGA Ages: 11+	7 – 8 PM IKGA Ages: 11+		10:30AM–12PM TEAM KUMITE Ages: 11+ & invited athletes	
8 – 9 PM IKGA Ages: 21+	8 – 8:30 PM ADVANCED TEAM KATA Time & Staff Permitting	8 – 9 PM IKGA Ages: 21+	8 – 8:30 PM ADVANCED TEAM KATA Time & Staff Permitting		TEAM COACH'S TIME with travel team athletes as	

>>>> FALL-WINTER-SPRING SCHEDULE ENDS AFTER MEMORIAL DAY WEEKEND <<<<

Subject to Changes as needed. Revised 9/1/24