



TRADITIONAL KARATE CENTER

MATAWAN, NEW JERSEY

PECT • DISCIPLINE • CONFIDENCE • CHARACTER • FOR LIFE

BUILD BETTER ATHLETES. BUILD STRONGER KIDS.

Developmental fitness and authentic karate programs for ages 3 through adult — with a clear path for every level, from first-time beginners to serious competitors.



STRONGER
KIDS
BRIGHTER
FUTURES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY (Combined)
4:30 – 5:00 Performance STEPS Ages 10 – 13	4:30 – 5:00 First STEPS Ages 3 – 5	4:30 – 5:00 Performance STEPS Ages 10 – 13	4:30 – 5:00 First STEPS Ages 3 – 5	Private Lessons and Scheduled Meet-and-Greet Appointments Contact us to book a time.	8:00 – 8:30 STEPS Sports Development (Age group to be determined)
5:00 – 5:30 Next STEPS Ages 6 – 9	5:00 – 5:30 Performance STEPS Ages 10 – 13	5:00 – 5:30 Next STEPS Ages 6 – 9	5:00 – 5:30 Performance STEPS Ages 10 – 13		8:30 – 9:00 STEPS Sports Development (Age group to be determined)
5:30 – 6:00 First STEPS Ages 3 – 5	5:30 – 6:00 Next STEPS Ages 6 – 9	5:30 – 6:00 First STEPS Ages 3 – 5	5:30 – 6:00 Next STEPS Ages 6 – 9		9:00 – 10:00 Private Lessons
6:00 – 6:30 NINJA Recreational & Developmental Ages 3 – 5	6:00 – 6:45 SAMURAI Recreational & Developmental Ages 6 – 11	6:00 – 6:30 NINJA Recreational & Developmental Ages 3 – 5	6:00 – 6:45 SAMURAI Recreational & Developmental Ages 6 – 11		10:00 – 11:00 TEAM TRAINING Kata
6:30 – 7:30 TEAM TRAINING All Levels	6:45 – 7:30 GOJUKAN KARATEDO Ages 6 – 11	6:30 – 7:30 TEAM TRAINING All Levels	6:45 – 7:30 GOJUKAN KARATEDO Ages 6 – 11		11:00 – 12:00 TEAM TRAINING Kumite
7:30 – 8:30 TEAM TRAINING Advanced	7:30 – 8:30 IKGA KARATEDO Ages 12+ (Teens & Adults)	7:30 – 8:30 TEAM TRAINING Advanced	7:30 – 8:30 IKGA KARATEDO Ages 12+ (Teens & Adults)		SUNDAY No regularly scheduled classes. Enjoy time with family!



First STEPS
Ages 3 – 5
Fundamentals
Movement Skills
Confidence

Next STEPS
Ages 6 – 9
Athletic Development
Coordination
Team Skills

Performance STEPS
Ages 10 – 13
Strength
Speed & Agility
Performance Mindset

AGE COLOR KEY

- Ages 3 – 5
- Ages 6 – 9
- Ages 10 – 13
- Ages 12+ (Teens & Adults)

CLASS TYPE KEY

STEPS Class
(Sports Development / Fitness)

TEAM TRAINING
(Competition Team Training)

Karate Class
(Traditional, Recreational or Team)

Private Lesson
(One-on-One Instruction)



*More
Than Karate
A Stronger You*

Not sure where to start?

We'll help you choose the right class based on age, experience, goals, and comfort level.

TRY ONE WEEK FREE

- ✓ Beginner-friendly
- ✓ Family-focused
- ✓ Recreational and competitive pathways
- ✓ Experienced, professional instruction
- ✓ Safe, supportive and inclusive environment

(732) 566-4852

TKCDOJO.COM

A STRONGER
TOMORROW.