

CLASS SCHEDULE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|-----------------|--------------|-----------------|--------------|-----------------|---------------|
| 8:00 AM | FITNESS CLASSES | | FITNESS CLASSES | | FITNESS CLASSES | |
| 9:00 AM | | | | | | |
| 9:45 AM | | | | | | MAKEUP CLASS |
| 10:45 AM | | | | | | TOURNEY CLASS |
| 11:45 AM | | | | | | TESTING |
| 12:10 PM | FITNESS CLASSES | | FITNESS CLASSES | | | |
| 4:00 PM | LIL DRAGONS | | LIL DRAGONS | | | |
| 4:45 PM | KID CLASS 1 | | KIDS CLASS 1 | | | |
| 5:00 PM | | KIDS CLASS 2 | | KIDS CLASS 2 | | |
| 5:45 PM | | ALL ADULTS | | ALL ADULTS | | |

1. Arrive five to ten minutes early prior to class.
2. Place shoes neatly on shelf. Hang up coats. Put gear bags in shelf unit.
Hang up backpacks on hooks.
3. Quietly prepare for class (DO NOT DISTURB CLASS IN SESSION)
4. Keep uniform neat, clean and odor free. **Must always** wear uniform to class.
5. Respect should always be shown for your instructor and fellow students. Bow to black belts and bow when entering Dojo. Students and parents address the Instructors by title. Example Shihan Chuck, Sensei Chris.
6. Students and guests should always be well mannered and behave properly
7. Attend class on a regular and consistent schedule <2 days a week >
8. Make up all missed classes to stay on test schedule!
9. Practice and exercise at home gives better results!
10. Memorize the **STUDENT CREED**

SHIHAN CHUCK R. SIMPSON
5TH DEGREE BLACK BELT GODAN
 ASSISTANT INSTRUCTORS
SENSEI STEPHANIE ANDERSON 1ST DEGREE BLACK BELT SHODAN
SENSEI SEAN MACKAY 4TH DEGREE BLACK BELT YODAN

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