|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| --- | --- | --- | --- | --- | --- | --- |
| **9:00AM** |  |  |  |  |  |  |
| **7:45 AM** | **FITNESS**  **CLASSES** |  | **FITNESS**  **CLASSES** |  | **FITNESS**  **CLASSES** |  |
| **9:00 AM** |  |  |  |  |  |  |
| **9:45 AM** |  |  |  |  |  |  |
| **10:00 AM** |  |  |  |  |  | **Testing** |
| **11:45 AM** |  |  |  |  |  |  |
| **12:10 PM** |  |  |  |  |  |  |
| **4:00 PM** |  | **Lil Dragons** |  | **Lil Dragons** |  |  |
| **4:45 PM** | **Kids Class 1** | **Kids Class 2** | **Kids class 1** | **Kids Class 2** |  |  |
| **5:00 PM** |  |  |  |  |  |  |
| **5:45 PM** | **Adults** |  |  | **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.

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. **Practice and exercise at home gives better results!**

9. Memorize the **STUDENT CREED**

**SHIHAN CHUCK R. SIMPSON**

**5TH DEGREE BLACK BELT GODAN**