



Summer 2008

Karate America Leadership Schools – Cottage Grove

(608) 839-4025

(Beginning June 16, 2008)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kids Kinder-Kickers 4:00 – 4:30	Fundamentals 4:00 – 4:20	Youth BBT Advanced 4:00 – 4:40	All Ages Demo Team Basic 4:00 – 4:40		Little Ninjas 9:40 – 10:00
Little Ninjas 4:30 – 4:50	All Ages BBT Basic 4:20 – 5:00				Kids Kinder-Kickers 10:00 – 10:30
Youth BBT Advanced 4:50 – 5:30	Youth BBT Intermediate 5:00 – 5:40	All Ages Masters Team 4:40 – 5:20	All Ages Leadership Team 4:40 – 5:20	All Ages Masters Team Adv. 4:40 – 5:20	Youth Basic 10:30 – 11:00
Youth BBT Intermediate 5:30 – 6:10	Teens All Rank 5:40 – 6:20	Youth Basic 5:20 – 5:50	All Ages Demo Team Int. 5:20 – 6:00	All Ages Adv. Candidates 5:20 – 6:00	Youth BBT Intermediate 11:00 – 11:30
		Little Ninjas 5:50 – 6:10			Youth BBT Advanced 11:30 – 12:00
All Ages Masters Team 6:10 – 6:50	All Ages BBT Advanced 6:20 – 7:00	Kids Kinder-Kickers 6:10 – 6:40	All Ages Demo Team Adv. 6:00 – 6:40	All Ages Candidates 6:00 – 7:00	Adult All Rank 12:00 – 12:30
All Ages Basic 6:50 – 7:20		All Ages BBT Intermediate 6:40 – 7:20	Adult Black Belt Team 6:40 – 7:20	(Jan–May July–Nov)	All Ages Masters Team 12:30 – 1:00
Adult All Rank 7:20 – 8:00	Teens & Adult Fitness MMA 7:00 – 7:40	Adult All Rank 7:20 – 8:00	Teens & Adult BBT Sparring 7:20 – 8:00		Teens & Adult Instructors Team 1:00 – 2:00 <i>(1st Sat. of the Month)</i>
	All Ages Masters Team 7:40 – 8:20				

Kids – Ages 5 - 7 ♦ **Youth** – Ages 7 - 16 ♦ **Teens** – Ages 12 - 16 ♦ **Adult** - 16+

*Age and rank break downs are only one factor that determines where students will be placed.
Please speak with the staff before attending any class not specific to your age, rank or program.*

Martial Arts Introductory Program

- Fundamentals** – Little Ninjas / Kinder-Kickers / Basic **ONLY**
- Little Ninjas** – 3-5 year olds (Pre-K) martial arts **activities** program
- Kinder-Kickers** – 5-7 year olds martial arts **preparation** program
- Basic** – White through Orange rank

Black Belt Team Program

- BBT Basic** – White through Orange rank on BBT
- BBT Intermediate** – Green through Blue-Stripe rank
- BBT Advanced** – Red through Brown-Stripe rank

Leadership Team Program (bring paper, pencil and module weapon)

Leadership Team – Leadership Skills Training

Demo Team Basic – Introduction Level, recommended for **Green and below**

Demo Team Int. – Intermediate Level, recommended for **Purple to Red-Stripe**

Demo Team Adv. – Advanced Level, recommended for **Brown and above**

Masters Team Program

Candidates – Brown and above by invitation, black belt preparation

Adv. Candidate – Black Belts by invitation, degree preparation

Masters Team – Black Belts (bring module weapon)

Masters Team Adv. – 2nd Degree Black Belt and above

Summer Daytime Classes will begin June 24 and end after August 14
See Newsletter for Details!