



Fall 2009

Karate America Leadership Schools – Cottage Grove (608) 839-4025

(Beginning October 31, 2009)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kids <b>Kinder-Kickers</b> 4:00 – 4:30	Youth <b>BBT Advanced</b> 4:00 – 4:40	Youth <b>BBT Intermediate</b> 4:00 – 4:40	All Ages <b>Leadership</b> 4:00 – 4:30	All Ages <b>Masters Team</b> 4:00 – 4:40	All Ages <b>Tai Chi</b> 8:20 – 9:00
All Ages <b>Fundamentals</b> 4:30 – 5:00	<b>Little Ninjas</b> 4:40 – 5:00	Youth <b>BBT Advanced</b> 4:40 – 5:20	All Ages <b>Demo Team BSC</b> 4:30 – 5:00	<b>MT Leadership</b> 4:40 – 5:20	<b>Little Ninjas</b> 9:00 – 9:20
Youth <b>Basic</b> 5:00 – 5:30	All Ages <b>Masters Team</b> 5:00 – 5:40	<b>Little Ninjas</b> 5:20 – 5:40	All Ages <b>Demo Team INT</b> 5:00 – 5:40	<b>Adv. Candidates</b> 5:20 – 5:50	10 Min Passing Time Kids <b>Kinder-Kickers</b> 9:30 – 10:00
Youth <b>BBT Advanced</b> 5:30 – 6:10	Youth <b>BBT Intermediate</b> 5:40 – 6:20	10 Min Passing Time Kids <b>Kinder-Kickers</b> 5:50 – 6:20	All Ages <b>BBT Basic</b> 5:40 – 6:10	<b>Candidates</b> 5:50 – 7:00	All Ages <b>Fundamentals</b> 10:00 – 10:30
All Ages <b>Masters Team</b> 6:10 – 6:50	All Ages <b>Fundamentals</b> 6:20 – 6:50	All Ages <b>Basic</b> 6:20 – 6:50	All Ages <b>Demo Team ADV</b> 6:10 – 6:50	<b>Extended Candidates</b> 7:00 – 7:30	All Ages <b>Basic</b> 10:30 – 11:00
All Ages <b>BBT Intermediate</b> 6:50 – 7:30	Teens & Adult <b>All Rank</b> 6:50 – 7:30	Adult <b>All Rank</b> 6:50 – 7:30	Adult <b>Black Belt Team</b> 6:50 – 7:30		All Ages <b>BBT Intermediate</b> 11:00 – 11:30
Adult <b>All Rank</b> 7:30 – 8:10	Teens & Adult <b>BBT Sparring</b> 7:30 – 8:10	<b>Performance</b> 7:30 – 8:30	All Ages <b>Tai Chi</b> 7:30 – 8:10		All Ages <b>BBT Advanced</b> 11:30 – 12:00
	All Ages <b>Tai Chi</b> 8:10 – 8:50				All Ages <b>Masters Team</b> 12:00 – 12:30

Kids – Ages 5 - 7 ♦ Youth – Ages 7 - 16 ♦ Teens – Ages 12 - 18 ♦ 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**

**Little Ninjas** – 3-5 year olds (Pre-K) martial arts **activities** program

**Kinder-Kickers** – 5-7 year olds martial arts **preparation** program

**Fundamentals** – **White & Gold** rank (entry level program)

**Basic** – **Orange & Green** rank

**Black Belt Team Program**

**BBT Basic** – **White through Green** rank on BBT

**BBT Intermediate** – **Purple 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 Bsc.** – 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

**Masters Team** – Black Belts (bring module weapon)

**Advanced Candidates** – Black Belts by invitation, degree preparation