

OKINAWAN KARATE ACADEMY

Located at The 422 Sportsplex
 1400 Industrial Highway, Pottstown PA 19464
 Phone: (610) 323-2007
 422 Sportsplex Phone: (610-323-9600)

“Winter” Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Class Basic 101 Mandatory for all White & Yellow Belts 7:00-8:00PM	Little Dragons 5:30-6:00PM	Weapons Class 6:00-7:00PM	Little Dragons 5:30-6:00PM	Closed	Open Class 11:00-12:00 Kids/Teen/Adults
	Kids Class 6:00-7:00PM	Kata with “Sensei” 7:00-8:00 PM	Kids Class 6:00-7:00PM		
	Teen/Adult Class 7:00-8:30PM		Teen/Adult Class 7:00-8:30PM		

**MONDAYS BASIC 101 CLASS IS MANDATORY FOR ALL WHITE & YELLOW BELTS.
 THIS IS A TESTING REQUIREMENT! (LITTLE DRAGONS ARE EXCLUDED)**

DOJO RULES

1. Attend classes on a regular and consistent basis.
2. Get your attendance card.
3. Place shoes in shoe rack.
4. Place jackets neatly on hooks.
5. Keep uniforms neat, clean, odor-free and in good repair
6. Be in full uniform 15 minutes before class in order to warm up and start class on time.
7. No student or guest is permitted in the office areas or behind the front desk unless authorized by Sensei.
8. Practice at home will give better results.
9. Develop and maintain a positive, well-disciplined attitude.
10. No food or beverages are permitted in the training areas.

**Little Dragon 4-6 Years Old
 Kids 7-10 Years Old
 Teens 11-16 Years Old
 Adult 17 & Over**

**Beginner – White, Yellow, Orange
 Intermediate – Blue, Green
 Advance – Brown, Black
 Open – All Ranks**

**“TRADITIONAL” UNIFORM!
 SCHEDULE EFFECTIVE: JANUARY 1, 2010
YOU SNOOZE YOU LOSE!**

