



Kanzen Karate Do

Class Schedule

Effective: September 14, 2018

MONDAY	
Leeds Primary After-School Program	3:15 pm – 4:00 pm
Basics/Intermediate	5:00 pm – 6:00 pm
Advanced	6:00 pm – 7:00 pm
Competition Team	7:00 pm – 8:00 pm
TUESDAY	
Leeds Elementary After-School Program	3:15 pm – 4:00 pm
Little Dragons	5:00 pm – 5:30 pm
Basics	5:30 pm – 6:30 pm
Intermediate/Advanced	6:30 pm – 7:30 pm
Kumite (Orange belt and up)	7:30 pm – 8:15 pm
WEDNESDAY	
Leeds Primary After-School Program	3:15 pm – 4:00 pm
Basics/Intermediate	5:30 pm – 6:30 pm
Advanced	6:30 pm – 7:30 pm
THURSDAY	
Leeds Elementary After-School Program	3:15 pm – 4:00 pm
Little Dragons	5:00 pm – 5:30 pm
Intermediate	5:30 pm – 6:30 pm
Kobudo (Orange belt and up)	6:30 pm – 7:15 pm
Kumite (Orange belt and up)	7:15 pm – 8:15 pm
FRIDAY	
Competition Team	6:00 pm - 8:00 pm
SATURDAY	
Closed	

Classes & Ranks:

- Little Dragons: White Striped Belts (5-7 years old)
- Basics: White & Yellow Belts
- Intermediate: Orange, Purple, Red, Green & Blue Belts
- Advanced: Brown, Pre-Shodan & Black Belts

Notes:

- You must train your class as per your belt rank
- As your progress in rank, you can and are encouraged to train in the classes prior to your belt level
- For the standard program student, we recommend at least 3 classes per week, but encourage as many classes as possible