

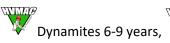
## **Morisset Schedule**

Effective from Monday 6<sup>th</sup> January 2020

	TIME	CLASS	TIME	CLASS	
MONDAY Kata Focus	4.00-4.30	Minimites	4.00-4.30	Kindymites	1 _
	4.30-5.15	Dynamites			MONDAY Kata Focus
	5.15-6.00	Dragons			
	6.00-6.40	Leadership (Term Time Only)			) OCU:
	6.40-7.30	Black Belt Prep	6.40-7.30	Adults	
	7.30-8.15	Fight Fit			-
	TIME	CLASS	TIME	CLASS	
	9.30-10.00am	Kinderkicks (Term Time Only)			
	10.00-10.30am	Minimites			
AY	10.30-11.30am	Karate Day class			TU Kat:
TUESDAY Kata Focus	4.00-4.30	Kindymites	4.00-4.30	STORM (Term time only)	TUESDAY Kata Focus
TUE	4.30-5.15	Dynamites			
	5.15-6.00	Dragons			
	6.00-7.00	Black Belt Class			
	7.00-7.50	Adults			
	TIME	CLASS			
AAY cus	4.00-4.30	Kindymites			WEDNESDAY Bunkai Focus
WEDNESDAY Bunkai Focus	4.30-5.15	Dynamites			
	5.15-6.00	Junior Kobudo			
WE	6.00-6.50	Dragons/Adults			
	6.50-7.50	Kumite			
	TIME	CLASS	TIME	CLASS	B _
Sr	4.00-4.45	Dynamites			
DA)	4.45-5.15	Kindymites	4.45-5.30	XTreme	] nk F
THURSDAY Bunkai Focus	5.30-6.15	Dragons			JRS ai F
	6.15-7.10	Kobudo			THURSDAY Bunkai Focus
	7.10-8.00	Adults			
	8.00-8.45	Fight Fit			
SATURDAY Kata and Bunkai Focus	TIME	CLASS	TIME	CLASS	
	8.15-9.00am	Fight Fit			Kat
	9.00-9.30am	Minimites	9.00-9.30	Kindymites	SAT
	9.30-10.15am	Dynamites all levels			SATURDAY Kata and Bunkai Focus
	10.15-11.00am	Kata Class Dragons and Adults			
	11.00-11.45am	Bunkai Class Dragons and Adults			
Kat	12.00 – 2.00pm	Special Clinics, Birthday Parties and Private Lessons			



Kindymites 3-5 years,





Dragons 10-14 years

\*Beginners – White to 9<sup>th</sup> kyu, \*Intermediates Yellow to Red (Green Dynamites), \*Advanced Green (Blue Dynamites) and up



## **Morisset Schedule**

YICKS	KinderKicks	18mth – 3 years
WIMAP S	Minimites	3 and 4 years
Wille	Kindymites	5 years
WWMAC	Dynamites	6 -9 years
WIME	Dragons	9-14 years

Beginner	White to 2 yellow stripe belts	
Intermediate	Yellow to Red Belt (green Dynamites)	
Advanced	Green belt and up (Blue Dynamites)	
Kumite	Black Belt Club Sparring	
Kobudo	Black Belt Club Traditional Weapons	
STORM Leadership	Black Belt Club by application Dynamites	
Leadership	Black Belt Club by application Dragons and Adults	
FightFit	Fitness Kickboxing and Self Defence	
Black Belt Prep	1 <sup>st</sup> kyu and above only	
Black Belt Class	Black Belts only	
XTreme	Black Belt Club Xtreme Martial Arts Morisset demo team By application	

## **Training Etiquette**

- ✓ Always have your student card with you when you go into class
- ✓ Place shoes neatly in the spaces provided
- ✓ Refer to Black Belts as Sensei
- ✓ No jewellery
- ✓ Ensure your uniform is clean and attend to your personal hygiene
- ✓ Respect your instructors and fellow students
- √ No gum
- ✓ If you are late for class, kneel at the side of the mat with your card until you are invited to join the class