



Morisset Schedule

Effective from Monday 6th January 2020

	TIME	CLASS	TIME	CLASS	
MONDAY Kata Focus	4.00-4.30	Minimites	4.00-4.30	Kindymites	MONDAY Kata Focus
	4.30-5.15	Dynamites			
	5.15-6.00	Dragons			
	6.00-6.40	Leadership (Term Time Only)			
	6.40-7.30	Black Belt Prep	6.40-7.30	Adults	
	7.30-8.15	Fight Fit			
TUESDAY Kata Focus	9.30-10.00am	Kinderkicks (Term Time Only)			TUESDAY Kata Focus
	10.00-10.30am	Minimites			
	10.30-11.30am	Karate Day class			
	4.00-4.30	Kindymites	4.00-4.30	STORM (Term time only)	
	4.30-5.15	Dynamites			
	5.15-6.00	Dragons			
	6.00-7.00	Black Belt Class			
	7.00-7.50	Adults			
WEDNESDAY Bunkai Focus	4.00-4.30	Kindymites			WEDNESDAY Bunkai Focus
	4.30-5.15	Dynamites			
	5.15-6.00	Junior Kobudo			
	6.00-6.50	Dragons/Adults			
	6.50-7.50	Kumite			
THURSDAY Bunkai Focus	4.00-4.45	Dynamites			THURSDAY Bunkai Focus
	4.45-5.15	Kindymites	4.45-5.30	XTreme	
	5.30-6.15	Dragons			
	6.15-7.10	Kobudo			
	7.10-8.00	Adults			
	8.00-8.45	Fight Fit			
SATURDAY Kata and Bunkai Focus	8.15-9.00am	Fight Fit			SATURDAY Kata and Bunkai Focus
	9.00-9.30am	Minimites	9.00-9.30	Kindymites	
	9.30-10.15am	Dynamites all levels			
	10.15-11.00am	Kata Class Dragons and Adults			
	11.00-11.45am	Bunkai Class Dragons and Adults			
	12.00 – 2.00pm	Special Clinics, Birthday Parties and Private Lessons			



Kindymites 3-5 years,



Dynamites 6-9 years,



Dragons 10-14 years

*Beginners – White to 9th kyu,






*Intermediates Yellow to Red (Green Dynamites),

*Advanced Green (Blue Dynamites) and up

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	KinderKicks	18mth – 3 years
	Minimites	3 and 4 years
	Kindymites	5 years
	Dynamites	6 -9 years
	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 st 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