



HVMAC REDHEAD SCHEDULE

2019

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Unit 2/6 Seasands Dr, Redhead 2290

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Time	Monday (Kata)
4.00 – 4.30	Kindymites
4.30 – 5.15	Dynamites - Beginner / Intermediate
5.15 – 6.00	Dynamites - Advanced (Blue to Black)
6.00 – 6.50	Dragons/Adults – Beginner / Intermediate
6.50 – 7.40	Dragons/Adults Advanced + Black Belt Prep (Green to Black)
	Tuesday (Kata)
4.00 – 4.30	Kindymites
4.30 – 5.15	BJJ Matrats (Kindymites / Dynamites)
5.15 – 6.00	Dynamites - Beginner / Intermediate / Advanced
6.00 – 6.50	Dragons/Adults – Beginner / Intermediate (White to Red)
6.50 – 7.40	Dragons/Adults - Advanced (Green to Black)
	Wednesday (Bunkai/Kumite/Kobudo)
4.00 – 4.30	Minimites + Kindymites
4.30 – 5.15	Dynamites - Beginner / Intermediate / Advanced
5.15 – 6.00	Kumite
6.00 – 6.50	Dragons/Adults - Beginner / Intermediate / Advanced
6.50 – 7.40	Senior Kobudo - Okinawan Weaponry
7.40 – 8.30	Fight Fit
	Thursday (Bunkai)
4.00 – 4.30	Kindymites
4.30 – 5.15	Dynamites - Beginner / Intermediate / Advanced
5.15 – 6.00	S.T.O.R.M Program + Senior Leadership Program
6.00 – 6.50	Dragons/Adults - Beginner / Intermediate (White to Red)
6.50 – 7.40	Dragons/Adults - Advanced + Black Belt Prep (Green to Black)
	Saturday – Family Day (Kata/Bunkai/Kobudo)
7.50 – 8.40	Boxing with BJ
9.00 – 9.30	Minimites + Kindymites
9.30 – 10.20	Dynamites - Beginner / Intermediate / Advanced
10.20. – 11.10	Dragons/Adults - Beginner / Intermediate / Advanced
11.10 – 12.00	Kobudo Pandas + Senior Kobudo



Minimites (3-4yrs)



Kindymite (5-6yrs)



Dynamites (6-9yrs)



Dragons (9-14yrs)



Adults (14+yrs)

Dojo Etiquette:

- Refer to Black Belts as Sensei
- Ensure your uniform is clean and attend to personal hygiene
- Place your shoes and drink bottle neatly in the spaces provided
- If you are late, kneel at the side of the class until your instructor bows you in
- Always have your student card with you when you go into class
- No jewellery while training
- No chewing gum while training
- Show respect to your instructor and fellow students at all times and be the best that you can be.