



# HVMAC REDHEAD SCHEDULE

from

## January 2020

(02) 4942 6656

Unit 2/6 Seasands Dr, Redhead 2290

Email: [redhead@huntermartialarts.com.au](mailto:redhead@huntermartialarts.com.au)

[www.huntermartialarts.com.au](http://www.huntermartialarts.com.au)

Time	Monday (Kata/Kumite)
4.00 – 4.30	Kindymites
4.30 – 5.15	Dynamites - Beginner / Intermediate
5.15 – 6.00	Dynamites - Advanced
6.00 – 6.50	Kumite
6.50 – 7.40	Dragons/Adults - Beginner/ Intermediate/Advanced
Tuesday (Kata/Leadership)	
4.00 – 4.30	Kindymites
4.30 – 5.15	Dynamites - Beginner / Intermediate
5.15 – 6.00	Dynamites - Advanced
6.00 – 6.50	S.T.O.R.M Leadership / Senior Leadership
6.50 – 7.40	Dragons/Adults – Beginner /Intermediate / Advanced
Wednesday (Bunkai/Kobudo)	
4.00 – 4.30	Minimites & Kindymites
4.30 – 5.15	Dynamites - Beginner / Intermediate / Advanced
5.15 – 6.00	Kobudo Pandas + Senior Kobudo
6.00 – 6.50	Dragons/Adults - Beginner/Intermediate/Advanced
6.50 – 7.40	Black Belt Prep
Thursday (Bunkai)	
4.00 – 4.30	Kindymites
4.30 – 5.15	Dynamites - Beginner/Intermediate
5.15 – 6.00	Dynamites - Advanced
6.00 – 6.50	Dragons/Adults - Beginner/Intermediate
6.50 – 7.40	Dragons/Adults - Advanced
Saturday – Family Day (Kata/Bunkai/Fight Fit/BJJ)	
8.00 – 8.50	Fight Fit
9.00 – 9.30	Minimites & Kindymites
9.30 – 10.20	Dynamites - Beginner / Intermediate / Advanced
10.20. – 11.10	Junior BJJ (Mat Rats) + Senior BJJ
11.10 – 12.00	Dragons/Adults - Beginner/Intermediate/Advanced



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.