



HVMAC REDHEAD SCHEDULE

Commencing 12th February 2018

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Unit 2/6 Seasands Dr, Redhead 2290

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Time	Monday (Kata)
3.30 – 4.00	Minimites
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
6.50 – 7.40	Dragons/Adults extension class (Brown and Black)
	Tuesday (Kata)
4.00 – 4.45	Dynamites - Beginner / Intermediate
4.45 – 5.30	Dynamites - Advanced (Blue to Black)
5.30 – 6.15	S.T.O.R.M – ‘Special Team of Role Models’ Program
6.15 – 7.05	Dragons/Adults - Beginner/Intermediate (White to Red)
7.05 – 7.55	Dragons/Adults - Intermediate/Advanced (Yellow to Black)
	Wednesday (Bunkai/Kumite/Kobudo)
9.30 – 10.00	Kinderkicks (18mths - 3yrs) during school terms only
10.00 – 10.50	Karate Day Class
3.30 – 4.00	Minimites
4.00 – 4.30	Kindymites
4.30 – 5.15	Dynamites - Beginner / Intermediate / Advanced
5.15 – 6.05	Kumite
6.05 – 6.55	Dragons/Adults
6.55 – 7.45	Senior Kobudo – Okinawan Weaponry (Dragons/Adults)
	Thursday (Bunkai)
4.00 – 4.45	Dynamite - Beginner/Intermediate
4.45 – 5.30	Dynamites - Advanced (Blue to Black)
5.30 – 6.10	Leadership
6.10 – 7.00	Dragons/Adults - Beginner/Intermediate (White to Red)
7.00 – 7.50	Dragons/Adults – Intermediate/Advanced (Yellow to Black)
	Saturday – Family Day (Kata/Bunkai/Kobudo)
8.30 – 9.00	Minimites
9.00 – 9.30	Kindymites
9.30 – 10.20	Dynamites/Dragons/Adults - Beginner/Intermediate (White to Red)
10.20. – 11.10	Junior & Senior Kobudo - Okinawan Weaponry (Dynamites/Dragons/Adults)
11.10 – 12.00	Dyn/Dragon/Adults - Advanced (Yellow to Black + Blue Dynamites)



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.