



HVMAC REDHEAD SCHEDULE

July 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 - Beginner/Intermediate/Advanced
6.50 – 7.40	Dragons/Adults Black Belt Prep (Brown and Black)
7.40 – 8.30	Fight Fit
Tuesday (Kata)	
4.00 – 4.30	Kindymites
4.30 – 5.15	BJJ Matrats (Kindymites / Dynamites) <i>*this class will commence from 14/8/18</i>
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 - Intermediate/Advanced (Yellow to Black)
Wednesday (Bunkai/Kumite/Kobudo)	
3.30 – 4.00	Minimites
4.00 – 4.30	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 (Dragons/Adults)
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/Advanced
6.50 – 7.40	Dragons/Adults Black Belt Prep (Brown and Black)
7.40 – 8.30	Boxing Fundamentals & Fitness – with Brenten James
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
10.20. – 11.10	Dynamites/Dragons/Adults - Intermediate/Advanced
11.10 – 12.00	Kobudo Pandas (Kindymite / Dynamite) + Senior Kobudo (Dragons / Adults)



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.