

Morisset Schedule

Effective from Monday 6th May 2019

ALOU-4.30 4.30-5.15 5.15-6.00 6.00-6.40 6.40-7.30 7.30-8.15 TIME 9.30-10.30am 10.30-11.00am 11.00-11.30am 4.00-4.30 4.30-5.15 5.15-6.00 6.00-7.00 7.00-7.50 TIME 4.00-4.30 4.30-5.15 5.15-6.00 6.00-7.00 6.00-7.00 6.00-7.00	MINIMITES 3/4 YEARS DYNAMITES INT ADV DRAGONS INT ADV LEADERSHIP (Term time only BLACK BELT PREP (1st KYU) FIGHT FIT CLASS DAY CLASS MINIMITES 3/4 YEARS KINDERKICKS (Term time only KINDYMITES 4/5 YEARS DYNAMITES INT ADV DRAGONS INT ADV BLACK BELT CLASS ADULTS CLASS KINDYMITES 4/5 YEARS	6.40-7.30 TIME	KINDYMITES 4/5 YEARS DYNAMITES BEGINNERS DRAGONS BEGINNERS ADULTS CLASS KOBUDO JUNIORS DYNAMITE BEGINNERS DRAGONS BEGINNERS
TIME 9.30-10.30am 10.30-11.00am 11.00-11.30am 4.00-4.30 4.30-5.15 5.15-6.00 6.00-7.00 7.00-7.50 TIME	DRAGONS INT ADV LEADERSHIP (Term time only BLACK BELT PREP (1st KYU) FIGHT FIT CLASS DAY CLASS MINIMITES 3/4 YEARS KINDERKICKS (Term time only KINDYMITES 4/5 YEARS DYNAMITES INT ADV DRAGONS INT ADV BLACK BELT CLASS ADULTS CLASS	5.15-6.00 ly) 6.40-7.30 TIME 4.00-4.30 4.30-5.15 5.15-6.00	CLASS KOBUDO JUNIORS DYNAMITE BEGINNERS DRAGONS BEGINNERS
TIME 9.30-10.30am 10.30-11.00am 11.00-11.30am 4.00-4.30 4.30-5.15 5.15-6.00 6.00-7.00 7.00-7.50 TIME	LEADERSHIP (Term time only BLACK BELT PREP (1st KYU) FIGHT FIT CLASS DAY CLASS MINIMITES 3/4 YEARS KINDERKICKS (Term time only KINDYMITES 4/5 YEARS DYNAMITES INT ADV DRAGONS INT ADV BLACK BELT CLASS ADULTS CLASS	(y) 6.40-7.30 TIME 1 4.00-4.30 4.30-5.15 5.15-6.00	ADULTS CLASS KOBUDO JUNIORS DYNAMITE BEGINNERS DRAGONS BEGINNERS
TIME 9.30-10.30am 10.30-11.00am 11.00-11.30am 4.00-4.30 4.30-5.15 5.15-6.00 6.00-7.00 7.00-7.50 TIME	BLACK BELT PREP (1st KYU) FIGHT FIT CLASS DAY CLASS MINIMITES 3/4 YEARS KINDERKICKS (Term time only KINDYMITES 4/5 YEARS DYNAMITES INT ADV DRAGONS INT ADV BLACK BELT CLASS ADULTS CLASS	(6.40-7.30) TIME (7) 4.00-4.30 4.30-5.15 5.15-6.00	CLASS KOBUDO JUNIORS DYNAMITE BEGINNERS DRAGONS BEGINNERS
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10.30-11.00am 11.00-11.30am 4.00-4.30 4.30-5.15 5.15-6.00 6.00-7.00 7.00-7.50 TIME	MINIMITES 3/4 YEARS KINDERKICKS (Term time only KINDYMITES 4/5 YEARS DYNAMITES INT ADV DRAGONS INT ADV BLACK BELT CLASS ADULTS CLASS	4.00-4.30 4.30-5.15 5.15-6.00	DYNAMITE BEGINNERS DRAGONS BEGINNERS
11.00-11.30am 4.00-4.30 4.30-5.15 5.15-6.00 6.00-7.00 7.00-7.50 TIME	KINDERKICKS (Term time only KINDYMITES 4/5 YEARS DYNAMITES INT ADV DRAGONS INT ADV BLACK BELT CLASS ADULTS CLASS	4.00-4.30 4.30-5.15 5.15-6.00	DYNAMITE BEGINNERS DRAGONS BEGINNERS
5.15-6.00 6.00-7.00 7.00-7.50 TIME	KINDYMITES 4/5 YEARS DYNAMITES INT ADV DRAGONS INT ADV BLACK BELT CLASS ADULTS CLASS	4.00-4.30 4.30-5.15 5.15-6.00	DYNAMITE BEGINNERS DRAGONS BEGINNERS
5.15-6.00 6.00-7.00 7.00-7.50 TIME	DYNAMITES INT ADV DRAGONS INT ADV BLACK BELT CLASS ADULTS CLASS	4.30-5.15 5.15-6.00	DYNAMITE BEGINNERS DRAGONS BEGINNERS
5.15-6.00 6.00-7.00 7.00-7.50 TIME	DRAGONS INT ADV BLACK BELT CLASS ADULTS CLASS	5.15-6.00	DRAGONS BEGINNERS
6.00-7.00 7.00-7.50 TIME	BLACK BELT CLASS ADULTS CLASS		
7.00-7.50 TIME	ADULTS CLASS	TIME	CLASS
TIME	CLASS	TIME	CLASS
		TIME	CLASS
4.00-4.30 4.30-5.15	KINDYMITES 4/5 YEARS		CLASS
4.30-5.15		4.00-4.30	STORM (Term time only)
<u> </u>	DYNAMITES INT ADV	4.30-5.15	DYNAMITES BEGINNERS
5.15-6.00	DRAGONS	5.15-5.45	KOBUDO BASICS
€ 6.00-7.00	KUMITE		
7.00- 7.50	ADULTS		
TIME	CLASS	TIME	CLASS
4.00-4.45	DYNAMITES		
¥ 4.45-5.30	XTREME	4.45-5.30	DRAGONS BEG/INT
5.30-6.15	DRAGONS ADV	5.30-6.15	BLACK BELT PREP (1 st KYU)
로 6.15-7.10	KOBUDO		
7.10-8.00	ADULTS		
8.00-8.45	FIGHT FIT		
TIME	CLASS		
4.00-4.30	KINDYMITES 4/5 YEARS	4.00-4.30	MINIMITES 3/4 YEARS
4.30-5.15	DYNAMITES INT/ADV	4.30-5.15	DYNAMITES BEGINNERS
5.15-6.00	DRAGONS/ADULTS COMBIN	NED	
TIME	CLASS	TIME	CLASS
7.45-8.30	FIGHT FIT		
8.30-9.00	MINIMITES 3/4 YEARS	8.30 – 9.00	FIGHT FIT BLACK BELTS
9.00-9.30	KINDYMITES 4/5 YEARS		
9.30-10.15	BEGINNERS		
10.15-11.00	INTERMEDIATES		
11.00-11.45	ADVANCED		
	Pretesting Clinics – Monthly Dates TBA		
5.30-6.15 6.15-7.10 7.10-8.00 8.00-8.45 TIME 4.00-4.30 4.30-5.15 5.15-6.00 TIME 7.45-8.30 8.30-9.00 9.00-9.30 9.30-10.15 10.15-11.00	DRAGONS ADV KOBUDO ADULTS FIGHT FIT CLASS KINDYMITES 4/5 YEARS DYNAMITES INT/ADV DRAGONS/ADULTS COMBIN CLASS FIGHT FIT MINIMITES 3/4 YEARS KINDYMITES 4/5 YEARS KINDYMITES 4/5 YEARS BEGINNERS INTERMEDIATES ADVANCED	5.30-6.15 4.00-4.30 4.30-5.15 NED TIME 8.30 – 9.00	MINIMITES 3/4 YEA DYNAMITES BEGINN CLASS



Kindymites 3-5 years,





*Beginners – White to 9th kyu, *Intermediates Yellow to Red (Green Dynamites), *Advanced Green (Blue Dynamites) and up

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Morisset Schedule

KICKS	KinderKicks	18mth – 3 years
	Minimites	3 and 4 years
WIMP	Kindymites	4 and 5 years
WWMAG	Dynamites	6 -9 years
	Dragons	10-14 years

Beginner	Beginner White to 2 yellow stripe belts	
Intermediate	Intermediate Yellow to Red Belt (green Dynamites)	
Advanced	Advanced Green belt and up (Blue Dynamites)	
Kumite	Black Belt Club Sparring	
Kobudo	Black Belt Club Traditional Weapons	
STORM Leadership	1 Leadership Black Belt Club by application Dynamites	
Leadership	Leadership Black Belt Club by application Dragons and Adults	
FightFit	FightFit Fitness Kickboxing and Self Defence	
Black Belt Prep	1 st kyu and above only	
Black Belt Class	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