



# Morisset Schedule

Effective from Monday 6th May 2019

	TIME	CLASS	TIME	CLASS
MONDAY	4.00-4.30	MINIMITES 3/4 YEARS	4.00-4.30	KINDYMITES 4/5 YEARS
	4.30-5.15	DYNAMITES INT ADV	4.30-5.15	DYNAMITES BEGINNERS
	5.15-6.00	DRAGONS INT ADV	5.15-6.00	DRAGONS BEGINNERS
	6.00-6.40	LEADERSHIP (Term time only)		
	6.40-7.30	BLACK BELT PREP (1 <sup>st</sup> KYU)	6.40-7.30	ADULTS
	7.30-8.15	FIGHT FIT		
TUESDAY	9.30-10.30am	DAY CLASS		
	10.30-11.00am	MINIMITES 3/4 YEARS		
	11.00-11.30am	KINDERKICKS (Term time only)		
	4.00-4.30	KINDYMITES 4/5 YEARS	4.00-4.30	KOBUDO JUNIORS
	4.30-5.15	DYNAMITES INT ADV	4.30-5.15	DYNAMITE BEGINNERS
	5.15-6.00	DRAGONS INT ADV	5.15-6.00	DRAGONS BEGINNERS
	6.00-7.00	BLACK BELT CLASS		
	7.00-7.50	ADULTS		
WEDNESDAY	4.00-4.30	KINDYMITES 4/5 YEARS	4.00-4.30	STORM (Term time only)
	4.30-5.15	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		
THURSDAY	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 <sup>st</sup> KYU)
	6.15-7.10	KOBUDO		
	7.10-8.00	ADULTS		
	8.00-8.45	FIGHT FIT		
FRIDAY	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 COMBINED		
SATURDAY	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		
	11.45-12.30	Pretesting Clinics – Monthly Dates TBA		



Kindymites 3-5 years,



Dynamites 6-9 years,



Dragons 10-14 years

\*Beginners – White to 9<sup>th</sup> kyu,






\*Intermediates Yellow to Red (Green Dynamites),

\*Advanced Green (Blue Dynamites) and up

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# Morisset Schedule

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

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