



Hunter Valley Martial Arts Centre

Morisset Schedule

Effective from 1/1/2026

50min DR	MONDAY - KATA FOCUS	
4:15-4:45	Minimites/Kindymites	
4:45-5:30	Dynamites	
5:30-6:20	Dragons kata	
6:20-6:50	Leadership (term time only)	<i>S.T.O.R.M. (term time only)</i>
6:50-7:40	Adults kata / Wise Warriors	Black Belt Prep
7:40-8:30	Black Belts	
50min DR	TUESDAY - KATA FOCUS	
4:15-4:45	Minimites/Kindymites	
4:45-5:30	Dynamites	
5:30-6:15	Pandas	
6:15-7:05	Dragons/Adults kata	6:15-7:00 Fight Fit (advanced extension 7:00-7:15)
7:05-7:55	Kobudo	
7:55-8:15	Kobudo Advanced extension	
50min DR	WEDNESDAY - BUNKAI FOCUS	
4:15-4:45	Minimites/Kindymites	
4:45-5:30	Dynamites	
5:30-6:15	Kumite - Dynamites, Dragons and Adults	
6:15-7:05	Dragons/Adults bunkai	
7:05-7:50	BJJ	
50min DR	THURSDAY - BUNKAI FOCUS	
4:15-5:00	Dynamites	
5:00-5:45	Xtreme	
5:45-6:35	Dragons bunkai	
6:35-7:20	Adults bunkai / Wise Warriors	Fight Fit
7:20-8:00		Fight Fit Black Belt Prep
50min DR	SATURDAY - KATA and BUNKAI	
9:00-9:30	Minimites/Kindymites	
9:30-10:15	Dynamites	Fight Fit
10:30-11:15	Dragons/Adults Kata Class	
11:15-12:00	Dragons/Adults Bunkai Class	
12:00-2:00	Private Lessons	

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