

Training Schedule

Schedule	A-Days Curriculum Part A			B-Days Curriculum Part B		
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Ninjas	3:30 – 4:00	3:30 – 4:00	3:30 – 4:00	3:30 – 4:00	3:30 – 4:00	
Basic Orientation BBC Orientation	5:00 – 5:45	7:00 – 7:45	5:00 – 5:45	7:00 – 7:45	4:00 – 4:45	Community Special Events
	5:00 – 6:00	7:00 – 8:00	5:00 – 6:00	7:00 – 8:00	4:00 – 5:00	
Black Belt Training Level 1	4:00 – 5:00	6:00 – 7:00	4:00 – 5:00	6:00 – 7:00	4:00 – 4:45 4:00 – 5:00	
Black Belt Training Level 2	6:00 – 7:00	4:00 – 5:00	6:00 – 7:00	4:00 – 5:00	Summative Reviews	Birthday Parties
Black Belt Training Level 3	7:00 – 8:00	5:00 – 6:00	7:00 – 8:00	5:00 – 6:00	Level Testing	
Masters Class (Black Belts)		8:00 – 9:00		8:00 – 9:00	5:00 – 6:00	Competition Team Training
Aikido			8:00 – 9:30		6:30 – 8:00	9:00 – 10:30
Open Mat Time/Circuit	1:00 – 3:00	1:00 – 3:00	1:00 – 3:00	1:00 – 3:00	2:00 – 3:00	11:00 – 12:00

Students Are Expected To:

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. Arrive 5 – 10 minutes prior to class 2. Come prepared for class with uniform, equipment bag, etc... 3. Show respect for instructors & fellow students 4. Keep uniform clean & pressed; no jewelry 5. Line up promptly when called for class | <ol style="list-style-type: none"> 6. Attend class consistently 7. Display Black Belt attitude & commitment 8. Maintain best effort & attitude at home, school or work 9. Practice daily 10 to 15 minutes 10. Treat parents & elders with extra respect! |
|--|---|

Class Groupings:

Basic Orientation (White To High Yellow)

Black Belt Training Level 1 (High Yellow, Orange, High Orange, Purple)

Black Belt Training Level 2 (High Purple, Red, High Red, Green, High Green, Blue)

Black Belt Training Level 3 (High Blue, Brown, High Brown, Conditional Black, & Black)

Masters Class (Black Belts committed to Black Belt Degrees)

