

Island Kung Fu - Training Schedule

| Schedule | A-Days Curriculum Part A | | B-Days Curriculum Part B | | | Special Events Day |
|--------------------------------------|-----------------------------|----------------------------|--------------------------------|----------------------------|----------------------------|----------------------------------|
| | 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 5:00 – 6:00 | 7:00 – 7:45 7:00 – 8:00 | 5:00 – 5:45 5:00 – 6:00 | 7:00 – 7:45 7:00 – 8:00 | 4:00 – 4:45 4:00 – 5:00 | Community Special Events |
| 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 12:00 – 1:30 |
| 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 – 9:30 Invitation Only | 8:00 – 9:00 | 5:00 – 6:00 | |
| Aikido (Invitation Only) | | | 8:00 – 9:30 | | 7:00 – 8:30 | 10:00 – 11:30 |

Students Are Expected To:

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| <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! |
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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)