



Seung-ri Black Belt Academy

CREATING TOMORROW'S LEADER'S TODAY!

Fall Schedule 2010

	Monday	Tuesday	Wednesday	Thursday	Friday
Tiny Tigers	All Ranks 3:15 - 3:45 BBT 3:45 - 4:00		All Ranks 3:15 - 3:45 BBT 3:45 - 4:00		
K4K Basic	4:00 - 4:45	3:15 - 4:00	4:00 - 4:45	3:15 - 4:00	4:00 - 5:00 Red/Black Class
J.T.I.		5:30 - 6:00		5:30 - 6:00	X M A 5:00 - 6:00
Inter - Adv	Camo - Red 4:45 - 5:45	Camo - Red/Blk 4:00 - 5:30	Camo - Red/Blk 4:45 - 5:45	Camo - Red/Blk 4:00 - 5:30	All Ranks Leadership 6:00 - 7:00
Family	Family Training 6:00 - 7:00	Family Training 6:00 - 7:00	Family Training 6:00 - 7:00	Family Training 6:00 - 7:00	
Black Belt	7:00 - 8:00		7:00 - 8:00		
Adult Teen	8:00 - 9:00	7:30 - 8:30	8:00 - 9:00		
BBT		Sparring 4:00 - 4:30		Protech 4:00 - 4:30	Competition Sparring 7:00 - 8:00
BBT		Protech 7:00 - 7:30		Sparring 7:00 - 7:30	
Leadership				C.I.T. 8:00 - 9:00	

Testing Dates
2010

Friday Aug 27th
Friday Oct 22nd
Friday Dec 17th

1430 Johnston Road, White Rock
BlackBeltInfo@Shaw.ca
www.KarateForKids.ca

Testing Dates
2011

Friday Feb. 25th
Thursday April 21st
Friday June 17th

OCTOBER 30, 2010 JOURNEY TO EXCELLENCE REGIONAL TOURNAMENT

604-531-4881

Schedule subject to change