

NEW TAMPA KARATE TRAINING SCHEDULE

MONDAY

LIL' DRAGONS

AGES 5-7
YEARS

5:00 - 5:45

JR. NOVICE GOLD BELTS

KATA
FULL GI

6:00 - 6:45

JR. ADVANCED RED - 1ST KYU BELTS

KATA
FULL GI

7:00 - 7:45

BLACK BELTS

KATA
FULL GI

8:00 - 9:00

TUESDAY

JR. BEGINNER WHITE & YELLOW BELTS

KATA
FULL GI

5:00 - 5:45

JR. NOVICE ORANGE & GREEN BELTS

KATA
FULL GI

6:00 - 6:45

JR. INTERMEDIATE CAMO & PURPLE BELTS

KATA
FULL GI

7:00 - 7:45

TEEN & ADULT WHITE - 1ST KYU BELTS

KATA
FULL GI

8:00 - 9:00

WEDNESDAY

JR. NOVICE GOLD BELTS

KUMITE
SPARRING GEAR

5:00 - 5:45

JR. INTERMEDIATE BLUE BELTS

KATA
FULL GI

6:00 - 6:45

JR. ADVANCED RED - 1ST KYU BELTS

KUMITE
SPARRING GEAR

7:00 - 7:45

BLACK BELTS

KUMITE
FULL GI &
SPARRING GEAR

8:00 - 9:00

THURSDAY

JR. BEGINNER WHITE & YELLOW BELTS

PRE-KUMITE
T-SHIRTS

5:00 - 5:45

JR. NOVICE ORANGE & GREEN BELTS

KUMITE
SPARRING GEAR

6:00 - 6:45

JR. INTERMEDIATE CAMO & PURPLE BELTS

KUMITE
SPARRING GEAR

7:00 - 7:45

TEEN & ADULT WHITE - 1ST KYU BELTS

KUMITE
SPARRING GEAR

8:00 - 9:00

FRIDAY

LIL' DRAGONS

AGES 5-7
YEARS

5:00 - 5:45

JR. INTERMEDIATE BLUE BELTS

KUMITE
SPARRING GEAR

6:00 - 6:45

JR. ADVANCED RED - 1ST KYU BELTS

KATA &
KUMITE
SPARRING GEAR

7:00 - 7:45

SATURDAY

LIL' DRAGONS

AGES 5-7
YEARS

9:15 - 10:00

JR. BEGINNER WHITE & YELLOW BELTS

KATA &
PRE-KUMITE
GI OR T-SHIRT

10:15 - 11:00

HIGH-LEVEL TRAINING

KUMITE
(BY INVITE ONLY)

11:00 - 12:00

