

SCHOOL SCHEDULE

100 West Green Street
Middletown, DE 19709

302-285-1010

Frank Family Karate Plus

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
4:30 PM	ASP STUDENTS AND BEGINNERS	ASP STUDENTS	ASP STUDENTS AND ADVANCED	ASP STUDENTS AND INTERS.	ASP STUDENTS AND	TBD
5:30 PM	Intermediates 5:30-6:30 Advanced 5:30-6:30 GURO TO WORK ON CHUCKS, BO, ARNIS w/Inter/Adv. Students and Any Adults	Beginners 5:30-6:15 Intermediates 5:30-6:30	Beginners 5:30-6:15 Advanced 5:30-6:30	Beginners 5:30-6:15	Intermediates 5:30-6:30 Advanced 5:30-6:30 GURO TO WORK ON CHUCKS, BO, ARNIS w/Inter/Adv. Students and Any Adults	
6:30 PM	Intermediates 6:30-7:30 GURO TO WORK ON CHUCKS, BO, ARNIS w/Inter. Students and Any Adults	Beginners 6:30-7:15	Intermediates 6:30-7:30	Advanced 6:30-7:30 GURO TO WORK ON CHUCKS, BO, ARNIS w/Inter. Students and Any Adults	Beginners 6:30-7:15 GURO CLASS 7:30-8:30	
7:30 PM	Beginners 7:30-8:15 Advanced 7:30-8:30	Advanced 7:30-8:30	SPARRING CLASS INT-ADV 13+ & Blackbelts 7:30-8:30	Intermediates 7:30-8:30 GURO TO WORK ON CHUCKS, BO, ARNIS w/Inter. Students and Any Adults		

Beginners: White, Yellow, Orange
Intermediate: Green, Purple, Blue 1, Blue 2, and Red 1

Advanced – Red 2, Brown 1, 2, 3, Prob. Black and Black

Arrive 10-15 minutes prior to class.
Attend two times per week.
Show respect for instructors and fellow students.
Place shoes, jackets and equipment neatly in lobby.
Check in for Attendance.

Keep uniform clean and pressed and no jewelry.
Display Black Belt attitude and commitment.
Maintain high performance in school work.
Practice daily 10 to 15 minutes.
Always show respect to parents.