

NEW TAMPA KARATE TRAINING SCHEDULE

MONDAY

LIL' DRAGONS
AGES 5-7
5:00 - 5:45

JR. NOVICE
GOLD BELTS
6:00 - 6:45
KATA
FULL GI

JR. ADVANCED
RED - 1ST KYU BELTS
7:00 - 7:45
KATA
FULL GI

BLACK BELTS
8:00 - 9:00
KATA
FULL GI

TUESDAY

LIL' DRAGONS
AGES 5-7
4:00 - 4:45

JR. BEGINNER
WHITE &
YELLOW BELTS
5:00 - 5:45
KATA - FULL GI

JR. NOVICE
ORANGE &
GREEN BELTS
6:00 - 6:45
KATA - FULL GI

JR. INTERMEDIATE
CAMO &
PURPLE BELTS
7:00 - 7:45
KATA - FULL GI

TEEN & ADULT
ALL BELTS
8:00 - 9:00
KATA
FULL GI

WEDNESDAY

JR. NOVICE
GOLD BELTS
5:00 - 5:45
KUMITE
SPARRING GEAR

JR. INTERMEDIATE
HIGH PURPLE &
BLUE BELTS
6:00 - 6:45
KATA
FULL GI

JR. ADVANCED
RED - 1ST KYU BELTS
7:00 - 7:45
KUMITE
SPARRING GEAR

BLACK BELTS
8:00 - 9:00
KUMITE
FULL GI &
SPARRING GEAR

THURSDAY

JR. BEGINNER
WHITE &
YELLOW BELTS
5:00 - 5:45
PRE-KUMITE
T-SHIRTS

JR. NOVICE
ORANGE &
GREEN BELTS
6:00 - 6:45
KUMITE
SPARRING GEAR

JR. INTERMEDIATE
CAMO &
PURPLE BELTS
7:00 - 7:45
KUMITE
SPARRING GEAR

TEEN & ADULT
ALL BELTS
8:00 - 9:00
KUMITE
SPARRING GEAR

FRIDAY

LIL' DRAGONS
AGES 5-7
5:00 - 5:45

JR. INTERMEDIATE
HIGH PURPLE &
BLUE BELTS
6:00 - 6:45
KUMITE
SPARRING GEAR

JR. ADVANCED
RED - 1ST KYU BELTS
7:00 - 7:45
KATA &
KUMITE
SPARRING GEAR

SATURDAY

LIL' DRAGONS
AGES 5-7
9:15 - 10:00

JR. BEGINNER
WHITE &
YELLOW BELTS
10:15 - 11:00
KATA &
PRE-KUMITE
GI OR T-SHIRT

