

# Shaku Family Martial Arts - Training Schedule

Fall/Winter Schedule	A-Days Curriculum Part A		B-Days Curriculum Part B			Special Events Day
Classes, Days & Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Little Ninjas</b>	3:30 – 4:00	3:30 – 4:00	3:30 – 4:00	3:30 – 4:00		<b>Community Special Events</b>
<b>Basic Orientation BBC Orientation</b>	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	<b>Summative Reviews</b>	9:00 – 9:45 9:00 – 10:00
<b>Black Belt Training Level 1</b>	4:00 – 5:00	6:00 – 7:00	4:00 – 5:00	6:00 – 7:00	<b>Level Testing</b>	9:00 – 10:00
<b>Black Belt Training Level 2</b>	6:00 – 7:00	4:00 – 5:00	6:00 – 7:00	4:00 – 5:00	<b>Belt Promotions</b>	10:30 – 11:30
<b>Black Belt Training Level 3</b>	7:00 – 8:00	5:00 – 6:00	7:00 – 8:00	5:00 – 6:00		10:30 – 11:30
<b>Brazilian Jiu-Jitsu</b>			8:00 – 9:00			
<b>Leadership Training</b>						10:00 – 10:30
<b>Masters Class (Black Belts)</b>		8:00 – 9:00		8:00 – 9:00		<b>Birthday Parties 12:30 – 2:00</b>

### Students Are Expected To:

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| <ol style="list-style-type: none"> <li>1. Arrive 5 – 10 minutes prior to class</li> <li>2. Come prepared for class with uniform, equipment bag, etc...</li> <li>3. Show respect for instructors &amp; fellow students (yes sir &amp; ma'am)</li> <li>4. Keep uniform clean &amp; pressed; no jewelry</li> <li>5. Line up promptly when called for class</li> </ol> | <ol style="list-style-type: none"> <li>6. Attend class consistently</li> <li>7. Display Black Belt attitude &amp; commitment</li> <li>8. Maintain best effort &amp; attitude at school</li> <li>9. Practice daily 10 to 15 minutes</li> <li>10. Treat parents &amp; elders with extra respect!</li> </ol> |
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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)