



USA KARATE

International Award-Winning Leadership since 1984



KRAV MAGA

www.karatememphis.com

2819 Bartlett Blvd., Bartlett, TN 38134 (901) 373-7338

(Schedule Effective August 15th 2016)

| MONDAY "A" DAY | TUESDAY "A" DAY | WEDNESDAY "B" DAY | THURSDAY "B" DAY | FRIDAY "A" DAY | SATURDAY "B" DAY | <input checked="" type="checkbox"/> Please arrive 10 - 15 minutes prior to class time <input checked="" type="checkbox"/> Remain in proper warm up area <input checked="" type="checkbox"/> Never disturb class in session <input checked="" type="checkbox"/> Quietly stretch and prepare for class <input checked="" type="checkbox"/> All jewelry must be removed prior to class <input checked="" type="checkbox"/> All valuables should be left in your car <input checked="" type="checkbox"/> Clean uniform and hygiene habits are a must <input checked="" type="checkbox"/> All guests should remain in seating area <input checked="" type="checkbox"/> All shoes should be placed on shoe rack <input checked="" type="checkbox"/> Children must remain in designated area |
|---|--|---|--|--|---|--|
| | Brazilian Jiu-Jitsu 11:00 (GI) | Krav Maga All levels 11:00am | Brazilian Jiu-Jitsu 11:00 (GI) | Brazilian Jiu-Jitsu 10:00 | | |
| Little Ninjas (4-6) 4:30 - 5:00 | Little Ninjas (4-6) 5:45-6:15 | Little Ninjas (4-6) 4:30-5:00 | Little Ninjas (4-6) 5:45-6:15 | Little Ninjas (4-6) 4:30 - 5:00 | Little Ninjas (4-6) 10:00 - 10:30 | |
| White, yellow & orange & Green- BASIC (7-12) 7:00-7:30 | White, yellow & orange & Green- BASIC (7-12) 5:15-5:45 | White, yellow & orange & Green- BASIC (7-12) 7:00-7:30 | White, yellow & orange & Green- BASIC (7-12) 5:15-5:45 | White, yellow & orange & Green- BASIC (7-12) 5:45-6:15 | White, yellow & orange & Green- BASIC (7-12) 10:30-11:00 | |
| Yellow -Purple belt BBC (7 - 12) 6:15-7:00 | Yellow -Purple belt BBC (7 - 12) 4:30-5:15 | Yellow -Purple belt BBC (7 - 12) 6:15-7:00 | Yellow -Purple belt BBC (7 - 12) 4:30-5:15 | Yellow -Purple belt BBC (7 - 12) 5:00-5:45 | Yellow -Purple belt BBC (7 - 12) 11:00-11:45 | |
| 2 nd purple through Black (7 - 12) 5:00-5:45 | 2 nd purple through Black (7-12) 6:15-7:00 | 2 nd purple through Black (7 - 12) 5:00-5:45 | 2 nd purple through Black (7-12) 6:15-7:00 | 2 nd purple through Black (7-12) 6:15-7:00 | 2 nd purple through Black (7 - 12) 11:00-11:45 | |
| Kids BJJ 5:45-6:15 | Brazilian Jiu-Jitsu 8:00-9:00 | Kids BJJ 5:45-6:15 | Brazilian Jiu-Jitsu 8:00-9:00 | | Kids BJJ 11:45-12:15 | |
| Krav level One 6:00 | Krav Maga Level one 7:00-8:00 | Krav Maga level one 6:00 | Krav Maga Level one 7:00-8:00 | | Krav Maga Level one 11:45-12:45 | |
| Teen & Adult Shotokan 7:30-8:30 (GI) | Krav Maga Level Two & Three 7:00-8:00 | Teen & Adult Shotokan 7:30-8:30 (GI) | Krav Maga level two & Three 7:00-8:00 | Teen & Adult Shotokan 6:15-7:00 (GI) | Krav Maga Level Two & Three 11:45-12:45 | |

"A" DAYS

Traditional Martial Arts
All Students must be in a GI

"EMPOWERING LIVES THROUGH THE MARTIAL ARTS"

"B" DAYS

Sparring/Safety Gear Required
All Adults must be in a GI
ATT curriculum integrated