



## 2010 Schedule

Karate America Leadership Schools – Cottage Grove (608) 839-4025

(Beginning Monday, June 21, 2010)



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kids <b>Kinder-Kickers</b> 4:00 – 4:30	All Ages BBT Intermediate 4:00 – 4:40	Youth <b>BBT Advanced</b> 4:00 – 4:40	All Ages <b>Leadership</b> 4:00 – 4:30	All Ages <b>MT Leadership</b> 4:00 – 4:40	All Ages <b>Tai Chi</b> 8:20 – 9:00
All Ages <b>Fundamentals</b> 4:30 – 5:00	<b>Little Ninjas</b> 4:40 – 5:00	All Ages BBT Intermediate 4:40 – 5:20	All Ages <b>Demo Team BSC</b> 4:30 – 5:00	All Ages <b>Masters Team</b> 4:40 – 5:20	All Ages <b>Fundamentals</b> 9:00 – 9:30
All Ages <b>Basic</b> 5:00 – 5:30	All Ages <b>Masters Team</b> 5:00 – 5:40	<b>Little Ninjas</b> 5:20 – 5:40	All Ages <b>Demo Team INT</b> 5:00 – 5:40	<b>Adv. Candidates</b> 5:20 – 5:50	<b>Little Ninjas</b> 9:30 – 9:50
All Ages <b>BBT Advanced</b> 5:30 – 6:10	All Ages <b>Fundamentals</b> 5:40 – 6:10	10 Min Passing Time	All Ages <b>BBT Basic</b> 5:40 – 6:10		10 Min Passing Time
All Ages <b>Masters Team</b> 6:10 – 6:50	All Ages <b>BBT Advanced</b> 6:10 – 6:50	Kids <b>Kinder-Kickers</b> 5:50 – 6:20	All Ages <b>Demo Team ADV</b> 6:10 – 6:50	<b>Candidates</b> 5:50 – 6:50	Kids <b>Kinder-Kickers</b> 10:00 – 10:30
All Ages BBT Intermediate 6:50 – 7:30	Teens & Adult <b>Conditioning</b> 6:50 – 7:30	All Ages <b>Basic</b> 6:20 – 6:50	Teens & Adult <b>Black Belt Team</b> 6:50 – 7:30	<b>Extended Candidates</b> 6:50 – 7:10	All Ages <b>Basic</b> 10:30 – 11:00
Adult <b>All Rank</b> 7:30 – 8:10	Teens & Adult <b>BBT Sparring</b> 7:30 – 8:10	Adult <b>All Rank</b> 6:50 – 7:30	All Ages <b>Tai Chi</b> 7:30 – 8:10		All Ages BBT Intermediate 11:00 – 11:30
	All Ages <b>Tai Chi</b> 8:10 – 8:50	<b>Performance</b> 7:30 – 8:30			All Ages <b>BBT Advanced</b> 11:30 – 12:00
					All Ages <b>Masters Team</b> 12:00 – 12:30

**Kids** – Ages 5 - 7   ♦   **Youth** – Ages 7 - 16   ♦   **Teens** – Ages 12 - 18   ♦   **Adult** - 16+

*Age and rank break downs are only one factor that determines where students will be placed.  
Please speak with the staff before attending any class not specific to your age, rank or program.*

### **Martial Arts Introductory Program**

**Little Ninjas** – 3-5 year olds (Pre-K) martial arts **activities** program

**Kinder-Kickers** – 5-7 year olds martial arts **preparation** program

**Fundamentals** – **White & Gold** rank (entry level program)

**Basic** – **Orange & Green** rank

### **Black Belt Team Program**

**BBT Basic** – **White through Green** rank on BBT

**BBT Intermediate** – **Purple through Blue-Stripe** rank

**BBT Advanced** – **Red through Brown-Stripe** rank

### **Leadership Team Program (bring paper, pencil and module equipment)**

**Leadership Team** – Leadership Skills Training

**Demo Team BSC** – Introduction Level, recommended for **Green and below**

**Demo Team INT** – Intermediate Level, recommended for **Purple to Red-Stripe**

**Demo Team ADV** – Advanced Level, recommended for **Brown and above**

### **Masters Team Program**

**Candidates** – Brown and above by invitation, black belt preparation

**Masters Team** – Black Belts (bring equipment)

**Advanced Candidates** – Black Belts by invitation, degree preparation