

Okinawan Karate Academy

Class Schedule – Effective May 1, 2018

A Curriculum Classes (Choose 1)		B Technique Classes (Choose 1)		C Specialty Classes (Open to Deshi & Uchi-Deshi)	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>AD – Black Belt 11:45 AM – 12:30 PM</p> <p>AD – All 12:30 – 1:30 PM</p> <hr/> <p>JR – All 3:30 – 4:00 PM</p> <p>SJ – Beginner Whi, Org, Yel/Whi 4:00 – 4:45 PM</p> <p>SJ – Novice Yel, Blu/Whi, Blu 4:45 – 5:30 PM</p> <p>SJ – Intermediate Grn/Whi, Grn, Pur 5:30 – 6:15 PM</p> <p>SJ – Advanced Brn, Brn/Blk, Blk 6:15 – 7:00 PM</p>	<p>JR – All 3:30 – 4:00 PM</p> <p>SJ – Intermediate Grn/Whi, Grn, Pur 4:00 – 4:45 PM</p> <p>SJ – Advanced Brn, Brn/Blk, Blk 4:45 – 5:30 PM</p> <p>JR – All 5:30 – 6:00 PM</p> <p>SJ – Beg / Nov All Whi, Org, Yel, Blu 6:00 – 6:45 PM</p> <hr/> <p>AD – All 7:00 – 8:00 PM</p> <p>AD – Black Belt 8:00 – 8:30 PM</p>	<p>AD – Deshi / Uchi-deshi 11:45 AM – 12:30 PM</p> <p>AD – All 12:30 – 1:30 PM</p> <hr/> <p>JR – All 3:30 – 4:00 PM</p> <p>SJ – Basic All Ranks 4:00 – 4:45 PM</p> <p>SJ – Deshi All Ages 4:45 – 5:30 PM</p> <p>SJ – Uchi-deshi 5:30 – 6:15 PM</p> <p>Instructor Training & Leadership Youth & Adult Uchi-Deshi 6:15 – 7:00 PM</p> <hr/> <p>AD – Uchi-deshi 7:00 – 8:15 PM</p>	<p>JR – All 3:30 – 4:00 PM</p> <p>SJ – Deshi All Ages 4:00 – 4:45 PM</p> <p>SJ – Uchi-deshi 4:45 – 5:30 PM</p> <p>JR – All 5:30 – 6:00 PM</p> <p>SJ – Basic All Ranks 6:00 – 6:45 PM</p> <hr/> <p>AD – All 7:00 – 8:00 PM</p> <p>AD – Deshi / Uchi-deshi 8:00 – 8:30 PM</p>	<p>AD – Open Dojo No Formal Class 12:00 – 1:30 PM</p> <hr/> <p>SJ – Kobudo Deshi only 4:00 – 4:30 PM</p> <p>Kumite I Deshi / Uchi-Deshi 4:30 – 5:15 PM</p> <p>Kumite II Deshi / Uchi-Deshi 5:15 – 6:00 PM</p> <hr/> <p>Kobujutsu Kenkyukai Uchi-deshi Only 6:00 – 7:15 PM (Check with Sensei for Training Dates)</p>	<p>JR & SJ – Basic Make-Up / Substitution 9:00 – 9:45 AM</p> <p>SJ – Kobudo I Deshi only 9:45 – 10:15 AM</p> <p>SJ – Kobudo II Deshi only 10:15 – 10:45 AM</p> <p>SJ – Kobudo III Uchi-deshi only 10:45 – 11:30 AM</p> <hr/> <p>AD – Kobudo Deshi & Uchi-deshi 11:30 – 12:15 PM</p> <p>AD – All 12:15 – 1:00 PM</p>

Basic Program — Choose one 'A' class (by age group and belt level) and one 'B' class (by age group and program). Saturday morning Basic class may be used as a make-up or substitution class.

Deshi Program — Choose one 'A' class, one 'B' class, and one 'C' class (by age group and program). Deshi students are allowed to attend both kumite & kobudo in the same week.

Uchi-Deshi Program — Unlimited classes within program & age group.