

# Okinawan Karate Academy

## Class Schedule – Effective May 1, 2018

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