

KODOKAN MATSUBAYASHI-RYU CUMMINGS KARATE DOJO

2018 CLASS TIMETABLE (effective 12 March 2018)

Our **fully-dedicated martial arts facility** is located at **3/36 Sandford Street, Mitchell ACT 2911**.

We're open from 5:15pm - 8:45pm Monday through Thursday and from 9:15am - 10:45am on Saturdays. Please arrive at least 10 minutes before the scheduled start of class.

The **Juniors Program** is tailored for students **aged 6 to 13 years old** (and their parents). 5 year olds may be considered with prior coordination and concentration assessment.

The **Seniors Program** is tailored for students **aged 14 years and older** (there is no age limited).

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|--|---|---|
| Juniors Program White, White/Yellow & Yellow Belts 5:30pm - 6:15pm | Juniors Program White, White/Yellow & Yellow Belts 5:30pm - 6:15pm | Juniors Program White, White/Yellow & Yellow Belts 5:30pm - 6:15pm | Juniors Program White, White/Yellow & Yellow Belts 5:30pm - 6:15pm | No Classes | Self Training Time* Free Practice/Use of Dojo 9:30am - 10:30am | Private Lessons By Request 9:00am - 12:00noon |
| Juniors Program Adv Yellow to Purple Belts 6:15pm - 7:00pm | Juniors Program Adv Yellow to Purple Belts 6:15pm - 7:00pm | Juniors Program Adv Yellow to Purple Belts 6:15pm - 7:00pm | Juniors Program Adv Yellow to Purple Belts 6:15pm - 7:00pm | No Classes | Functional Fitness Ages 12+ 9:30am - 10:30am | Events & Seminars As Scheduled 9:00am - 6:00pm |
| Seniors Program All Grades 7:00pm - 8:00pm | Self Training Time* Free Practice/Use of Dojo 6:30pm - 8:30pm | Seniors Program All Grades 7:00pm - 8:00pm | Seniors Program All Grades 7:00pm - 8:00pm | No Classes | Private Lessons By Request 11:00am - 2:00pm | |
| Seniors Program Green, Brown, Black Belts 7:00pm - 8:30pm | Seniors Program Brown & Black Belts 7:00pm - 8:30pm | Seniors Program Green, Brown, Black Belts 7:00pm - 8:30pm | Seniors Program Green, Brown, Black Belts 7:00pm - 8:30pm | We run a special Kobudo (weapons) seminar on select Thursdays through the year (usually the first Thursday of each month). Students can check their DojoApp for specific dates. | | |

*Note: On days marked 'Self Training Time' the Dojo is open for students to use to practice on their own, however, no instruction or supervision is provided.

Seniors students may also arrive early on Mon/Wed/Thu from 6:30pm for self-training.

| Term Dates 2018 | Jnrs 1-day Seminar | Grading Dates | Beginner Seminars |
|--|---|--|--|
| <i>Pre-Term - Week of 15 & 22 January - Classes only on Monday & Thursday (regular times as above)</i> Term 1 - 29 January to 12 April (11 week term / 1 week break) Term 2 - 23 April to 5 July (11 week term / 2 week break) Term 3 - 23 July to 27 September (10 week term / 1 week break) Term 4 - 8 October to 13 December (10 week term / 4 week break) 2019 Pre-Term starts 14 January; Term starts 28 January <i>The dojo is closed on all ACT Public Holidays unless otherwise specified.</i> | Sun 26 August or 19 October <i>To be confirmed</i> | Sun 8 April Sun 3 June Sun 25 November | Sun 11 February Sun 20 May Sun 2 September Sun 28 October |
| | Snrs Intensive Seminars | | |
| | Thu 19 April Thu 19 July Thu 4 October | | |