

**KODOKAN MATSUBAYASHI-RYU CUMMINGS KARATE DOJO**  
**2019 CLASS TIMETABLE (effective 1 April 2019)**

Our **fully-dedicated martial arts facility** is located at **3/36 Sandford Street, Mitchell ACT 2911**.  
 We're open from 5:00pm - 8:30pm Monday through Thursday and from 8:00am - 9:00am 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
<b>Juniors - Beginners</b> White & White/Yellow Belts 5:30pm - 6:15pm	<b>Juniors - Beginners</b> White & White/Yellow Belts 5:30pm - 6:15pm	<b>Juniors - Beginners</b> White & White/Yellow Belts 5:30pm - 6:15pm	<b>Juniors - Beginners</b> White & White/Yellow Belts 5:30pm - 6:15pm	Dojo Closed - No Class	<b>Self Training Time*</b> Free Practice/Use of Dojo 8:00am - 9:30am	<b>Events &amp; Seminars</b> As Scheduled 9:00am - 6:00pm
<b>Juniors - Int/Adv</b> Jnr Yellow to Adv Purple 6:15pm - 7:00pm	<b>Juniors - Int/Adv</b> Jnr Yellow to Adv Purple 6:15pm - 7:00pm	<b>Juniors - Int/Adv</b> Jnr Yellow to Adv Purple 6:15pm - 7:00pm	<b>Juniors - Int/Adv</b> Jnr Yellow to Adv Purple 6:15pm - 7:00pm	Dojo Closed - No Class	<b>Functional Fitness</b> Ages 12+ 8:00am - 9:00am	No Formal Class
<b>Seniors - Beginners</b> All Grades 7:00pm - 8:00pm	<b>Self Training Time*</b> Free Practice/Use of Dojo 6:30pm - 8:30pm	<b>Seniors - Beginners</b> All Grades 7:00pm - 8:00pm	<b>Seniors - Beginners</b> All Grades 7:00pm - 8:00pm	Dojo Closed - No Class	<b>Private Lessons</b> By Request 9:15am - 12:00noon	No Formal Class
<b>Seniors - Int/Adv</b> 6th Kyu (green) and above 7:00pm - 8:30pm	<b>Seniors - Adv Only</b> 3rd Kyu (brown) and above 7:00pm - 8:30pm	<b>Seniors - Int/Adv</b> 6th Kyu (green) and above 7:00pm - 8:30pm	<b>Kobudo (Weapons)</b> All Grades 8:00pm - 8:45pm			

\*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.

Senior students may also arrive early on Mon/Wed/Thu from 6:30pm for self-training. The Dojo is open from 6:30pm to 8:30pm on Tuesdays for self training time.

Term Dates 2019	Grading Dates	Beginner Seminars	Other Dates to Note
Term 1 - 14 January to 11 April (13 weeks)	7 April	10 February	16-17 March (Anniversary)
Term 2 - 23 April to 4 July (11 weeks)	16 June	19 May	30-31 March (AFTK Seminar)
Term 3 - 22 July to 26 September (10 weeks)	15 September	11 August	1-2 June (Sensei Carlyle)
Term 4 - 8 October to 14 December (10 weeks)	1 December	27 October	26-28 July (Gasshuku)
<i>The dojo is closed on all ACT Public Holidays unless otherwise specified.</i>	12 October (Black Belts)		20-23 November (Sensei Arakaki NSW) 24-27 November (Sensei Arakaki ACT) AMAC - 14 Apr, 30 Jun, 20 Oct