



Anderson Schedule

Monday Tuesday Wednesday

Thursday

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|---|---|--|----------------|--|----------------|
| Little Ninja Skills and Drills program ages 4-6: confidence, coordination, balance, focus, body control, listening, weight loss, self esteem stranger danger and bully busting | | | | | |
|  | Beginner Ninjas | | 5:00pm-5:30pm | | 5:00pm-5:30pm |
| | Advanced Ninjas | | 5:35 pm-6:15pm | | 5:35 pm-6:15pm |
| Junior Program Ages 7-12: Traditional Karate techniques, self defense, confidence, coordination, balance, focus, listening, self esteem, weight loss, Stranger danger and bully busting | | | | | |
| Beginner Kids | White -Yellow Belt | | 6:15pm-7:00pm | | 6:15pm-7:00pm |
| Novice Kids | Orange - Green Belt I | | 6:15pm-7:00pm | | 6:15pm-7:00pm |
| Intermediate - Advanced Kids | Green II - Black Belt | | 6:15pm-7:00pm | | 6:15pm-7:00pm |
| Adult Program Ages 13 and up: Traditional Matsubayshi Ryu Karate techniques, self defense, confidence, coordination, balance, focus, listening, self esteem, weight loss | | | | | |
| Beginner - Novice Adult | White - Green Belt I | | 7:00pm-8:00pm | | 7:00pm-8:00pm |
| Intermediate - Advanced Adult | Green II - Black Belt | | 7:00pm-8:00pm | | 7:00pm-8:00pm |
| Sport Karate: Classes are held on Saturdays at the Silverton Location from 12:00pm -2:30pm | | | | | |
| Competition Class |  | | | | |

School Reminders

- Please arrive 5-10 minutes prior to class time
- Please wash you gi and keep your nails trimmed
- Bring your pads and Handbooks to class
- No sparring unless a black belt is present
- Everyone bow when entering or leaving the training floor

Mastin's School of Martial Arts

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