



# 2015 SPRING SCHEDULE

Karate-do • Kendo • Aikido • Iaido • Kobudo • Self Defense  
541-471-3002



TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00 AM						
10:15 AM						Kendo Class By Sensei Aoto
3:00 PM						
4:00 PM	GENERAL All ranks	GENERAL All ranks	GENERAL All ranks	GENERAL All ranks	OPEN TRAINING & BOOK CHECK 3:45 - 5:45	<b>SUNDAY</b> <b>Aikido</b> <b>8 - 17 yrs. old</b> <b>2:15 - 3:15</b> <b>Adults</b> <b>3:30 - 4:30</b>  <b>Sensei Palanjian</b> <b>541-441-6746</b>
5:00 PM	KUMITE All ranks	GENERAL All ranks	KATA All ranks	GENERAL All ranks		
6:00 PM	BLACK BELT CLUB	INTERMEDIATE ADVANCE	BLACK BELT CLUB	INTER/ADV KOBUDO		
7:00 PM	KENDO CLASS By Sensei Chuck Aoto		WOMEN'S SELF DEFENSE (7:00 - 8:00)			
8:15 PM		AIKIDO Sensei Palanjian 541-441-6746		AIKIDO Sensei Palanjian 541-441-6746		

**NOTE:**

- Students are responsible for making up missed or cancelled classes.
- Please notify our receptionist or instructor if you are going to be absent.
- Bring your own safety equipment to each class.
- Bring your record book to each class.
- Students must have their own bo/eku etc. to attend Kobudo classes.
- Students must have their own sword to attend Iaido classes.
- Students must have their own shinai and outfit to attend Kendo classes.

Note: We sell martial arts supplies.

*Please report all injuries immediately - no matter how slight!*

**Watch For All Notices  
on Bulletin Board & Flat Screen  
Monitor & read our TKFI Newsletter at  
[tkfikarate.com](http://tkfikarate.com)**

Parents/Students - If you would like a progress update/evaluation, please make an appointment with our receptionist.

## CLASS DESCRIPTION:

**KARATE-DO** - Classical martial art of Saito-ha Shito-ryu utilizing a diversity of techniques and training methods to stimulate mind, body and spirit growth, while learning how to defend yourself.

**IAIJUTSU** - Japanese Swordsmanship - Ages 12 & older. Students must purchase a Hakama uniform and a practice sword.

**KENDO** - Japanese Fencing - Ages 12 & older. Students must purchase a kendo training outfit. Approximate cost for the gear is \$150.00. Additional tuition fee is required.

**AIKIDO** - The way of harmonious spirit - Ages 8 & older. Classes meet on Tuesday & Thursday evening and Sunday afternoon. Additional tuition fee is required.

**KOBUDO** - Traditional Okinawan weapons are taught for students 10 years and older who purchase their own weapons.

**KUMITE** - Classes dedicated to sparring.

**KATA** - Classes dedicated to Kata and Bunkai/Oyo.

**GENERAL** - Classes are for students of all ranks.

**INTERMEDIATE/ADVANCED** - Blue, purple, Green, Brown & Black Belts.

**BLACK BELT CLUB** - Invitation by Soke only (Limited Class).

**BOOK CHECK** - Requirements are checked off in student's promotion books by an examiner if performed or completed satisfactorily.

**NOTES:** Students are encouraged to challenge themselves by participating at a higher level class especially when their fundamentals have been polished. If you are unsure of which class to participate in, please inquire with the instructors.

Please be reminded that MATC enforces a dress code. Please review or rules and regulations.