



2017 SPRING SCHEDULE

Karate-do • Kendo • Aikido • Iaido • Kobudo • Self Defense • Fitness
541-471-3002 • tkfiusa.com



TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM						
10:00 AM						STRONG BY ZUMBA Chris Petty 10:00 AM
3:00 PM		LIL' DRAGONS 5 YRS, AND YOUNGER		LIL' DRAGONS 5 YRS, AND YOUNGER		
4:00 PM	BEGINNER/NOVICE White, Yellow, Orange	BEGINNER/NOVICE White, Yellow, Orange	BEGINNER/NOVICE White, Yellow, Orange	BEGINNER/NOVICE White, Yellow, Orange	ALL RANKS BOOK CHECK 3:45 - 5:00	SUNDAY Aikido 8 - 17 yrs. old 2:15 - 3:15 Adults 3:30 - 4:30 Sensei Palanjan 541-441-6746
5:00 PM	BEGINNER/NOVICE White, Yellow, Orange	NOVICE Orange, Blue, Purple	BEGINNER/NOVICE White, Yellow, Orange	NOVICE Orange, Blue, Purple	BLACK BELT CLUB Invitation Only	
6:00 PM	INTER/ADVANCE (Bunkai/Oyo)	BLACK BELT CLUB Invitation Only	BLACK BELT CLUB Invitation Only	INTER/ADVANCE		
7:00 PM	KENDO CLASS Sensei Chuck Aoto	SPARRING BUNKAI BOOK CHECK				
8:15 PM		AIKIDO 8:30 - 10:00 Sensei Palanjan				

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 & stay connected at
tkfiusa.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. Please call Sensei Palanjan for more information: **541-441-6746**

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

LIL' DRAGONS - This 45 minute class is specifically for children who are 5 and younger, and for those with special needs.

BEGINNER - Under 1 year of training, or White, Yellow & Orange Belts.

NOVICE - 1 To under 2 years of training, or Orange, Blue & Purple Belts.

INTERMEDIATE - 2 to under 4 years of training, or Purple, Green & Brown Belts.

ADVANCED - 4 plus years of training or Green, Brown & Black belts

BLACK BELT CLUB - For students whose goal is to become a Black Belt. Admission by approval of Soke.

SELF DEFENSE - Co-ed class for practical Self Defense.

SENIOR CITIZEN FITNESS CLASS - Workouts are suited to fit your needs.

ZUMBA CLASS - Taught by Chris Petty, licensed Zumba Inst., 541-244-0770, christrost295@gmail.com

COMPETITION - Learn how to be a winner in competition. Drills, mental preparation, competition in Kumite, Kata & Kobudo.

BOOK CHECK - Requirements are checked off in student's promotion books by an examiner. Students may register on-line at tkfiusa.com to fulfill many of your requirements. Just print your certificate for each level and present it to an examiner.

NOTE: 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.