



2018 WINTER SCHEDULE

KARATE-DO · KENDO · AIKIDO · IAIDO · KOBUDO · SELF DEFENSE · FITNESS · YOGA
 541-471-3002 · tkfiusa.com



TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM						
10:00 AM						
3:00 PM		LIL' DRAGONS 5 YRS, AND YOUNGER		LIL' DRAGONS 5 YRS, AND YOUNGER		
4:00 PM	BEGINNER/NOVICE	BEGINNER/NOVICE	BEGINNER/NOVICE	BEGINNER/NOVICE	ALL RANKS BOOK CHECK 3:45 - 5:00	SUNDAY Aikido 8 - 17 yrs. old 2:15 - 3:15 Adults 3:30 - 4:30 Sensei Palanjian 541-441-6746
5:00 PM	BEGINNER/NOVICE	ALL RANKS	ALL RANKS	BEGINNER/NOVICE	COMPETITION TEAM	
6:00 PM	ALL RANKS	BLACK BELT CLUB Invitation Only 1 1/2 hr. Class	BLACK BELT CLUB Invitation Only	INTER/ADVANCE		
7:00 PM	KENDO CLASS Sensei Chuck Aoto		YOGA CLASS	YOGA CLASS		
8:15 PM		AIKIDO 8:30 - 10:00 Sensei Palanjian				

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 laido classes.
- Students must have their own shinai and outfit to attend Kendo classes.

Note: We sell martial arts supplies.

ALL PARTICIPANTS MUST COMPLETE AND HAVE PROPERLY SIGNED OUR WAIVER FORM BEFORE PARTICIPATING IN ANY OF OUR CLASSES.

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 Palanjian 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 - White, Yellow & Orange Belts.

NOVICE - Orange, Blue & Purple Belts.

INTERMEDIATE - Blue, Purple, Green & Brown Belts.

ADVANCED - Purple, Green, Brown & Black belts

ALL RANKS - Open to all ranks.

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

YOGA CLASS - Taught by Chris Petty, 541-244-0770, christrost295@gmail.com. No charge to MATC members.

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.

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.