

# East Coast Karate Schedule

Effective February 3, 2020

TIME	MONDAY	TUESDAY	WEDNESDAY
5:00 – 5:30	Little Kuma	Little Kuma	Little Kuma
5:30-6:15	Intermediate & Advanced	Intermediate & Advanced	Intermediate & Advanced
6:15-7:00	Beginner Kids	Beginner Kids	Beginner Kids
7:00-7:45	Beginner and Intermediate Adults Ages 13 & Up	Beginner and Intermediate Adults Ages 13 & Up	Beginner and Intermediate Adults Ages 13 & Up
7:45-8:30	Advanced	Advanced	Advanced Weapons 4 <sup>th</sup> Kyu & Above

\*Sparring is every other week Mondays and Tuesdays for blue belts and up

## SATURDAY MORNING SCHEDULE

9:00-9:45	Beginner Kids & Adults
9:45-10:30	Intermediate & Advanced Kids & Adults
10:30-12noon	Brown & Black Belts

## BELT LEVELS

### BEGINNER

White  
Yellow  
Orange

### INTERMEDIATE

Blue  
Green  
Green Stripe

### ADVANCED

Purple  
Brown  
Black