

Homann Karate Dō

Class Schedule 661-0085 Homannkaratedo.com



Time:	Monday	Tuesday	Wednesday	Thursday	Friday
4:30 - 5:00 P.M.	Kinder All Ranks	Kinder All Ranks Little Ninjas	Kinder All Ranks	Kinder All Ranks	
5:10 - 6:00 P.M.	Youth ONLY White thru Greenstripe	Youth ONLY Blue - Brown Belts	Youth ONLY White thru Greenstripe	Conditioning Class All ages and levels	Katas See schedule below for your belt and week
6:10 - 7:00 P.M.	Youth Only Blue - Brown Belts	Youth Only White thru Greenstripe	Youth Only Blue - Brown Belts	Self Defense Class	
7:10 - 8:00 P.M.	Adult All Ranks and Youth Brownstripe and Black Belts	Adult All Ranks and Youth Brownstripe and Black Belts	Adult All Ranks and Youth Brownstripe and Black Belts	Competition Class 6:00 - 7:30	Katas alternate weekly by belt level.

Beginner

white, yellow, yellowstripe

Intermediate

green, gs, blue, bluestripe

Advance purple, ps, brown,
brownstripe, black

Conditioning Class is included in your membership and is for all belt ranks and ages.

Competition Class This class runs in sessions and is for all belt levels. There is an extra monthly fee or a drop in fee for this class. See an instructor for details to join or when the next session starts.

Self Defense/Pressure Point Class is included in your membership and is for all belt ranks ages 8 and older.

KATA 1st and 3rd Fridays White, Yellow, and YS Belts from 5:10 - 6:00P.M.

KATA 1st and 3rd Fridays Green, GS , and Blue Belts from 6:10 - 7:00 P.M.

Kata 2nd and 4th Fridays Bluestripe, Purple, and PS at 5:10 - 6:00 P.M.

Kata 2nd and 4th Friday Brown, Brownstripe, and Black 6:10 - 7:00 P.M.

Practice your kata for at least 35 minutes or practice with a kicksite online video if it is not your kata week. Let an instructor know to receive attendance.