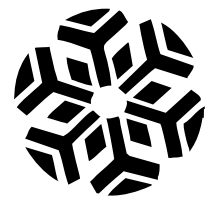


# Professional Karate Schools of America

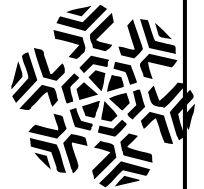
## WINTER 2012



UPDATED 1/17/12

**Monday**

<p>5:00-5:45 pm: Beginner          5:45-6:15 pm <b>SPARRING/WEAPONS</b>  <b>6:15- 7:00 pm: GREEN/ORANGE BELTS</b>  <b>7:00- 7:45 pm RED BELTS</b>          7:45-8:30 pm <b>Fight Like A Girl</b></p>	<p>5:45-6:15 pm: Little Ninja          6:15-7:00 pm <b>KIDS POWER</b></p>	<p style="text-align: center;"><u><b>REGULAR CLASSES</b></u></p> <p><b>Beginners:</b> All white through ALL orange ranks (all ages)  <b>Advanced:</b> GREEN, RED &amp; BLACK BELTS (all ages)  <b>Little Ninjas</b> - 4-5 year olds  <b>Xtreme Kids:</b> A class that will teach extreme kicking, aerobic and gymnastic technique.  <b>Sparring Class:</b> must have gear  <b>Rotating FBD:</b> A specialized class that will rotate between Basics, Forms, and Defense</p> <p style="text-align: center;"><u><b>SPECIALTY CLASSES</b></u></p> <p>*These specialty classes are open to all students for \$25 a month per class or free with certain package upgrades.</p> <p>*<b>CIT: Certified Instructor Training</b> focuses on teaching adults &amp; Teens how to teach our art with a strong emphasis on developing highest level of technique, speaking abilities, and mentoring, all to prepare them for a future career.</p> <p>*<b>Special Team of Role Models.</b> Focuses on teaching leadership qualities and how to mentor students with an emphasis on a higher level of technique for children.</p> <p>*<b>Weapons:</b> Learn how to wield the weapons of the past. Focuses on Staff and Nunchuck with lessons on several other weapons.</p>
<p>11:15-12:00 pm: All Ranks  <b>5:00-5:45 RED BELTS</b>  <b>5:45-6:30 GREEN BELTS</b>          6:30-6:45 pm: Sparring (Gear Required)          6:45-7:30 pm: Beginners          7:30-8:15 pm: <b>FITNESS</b></p>	<p>5:00-5:45 ORANGE BELTS          5:45-6:15 pm: <b>NINJA POWER</b>          6:15-7:00 pm: <b>KIDS POWER</b></p>	
<p>5:00-5:45 pm: Beginner          5:45-6:15 pm <b>Rotating F/B/D</b>  <b>6:15- 7:00 pm: GREEN BELTS/</b>  <b>7:00- 7:45 pm RED BELTS</b>          7:45-8:30 pm <b>Fight Like A Girl</b></p>	<p>5:45-6:15 pm: Little Ninja  <b>6:15-7:00 ORANGE BELTS</b>          7:30-8:30 pm Black Belts Only</p>	
<p>11:15-12:00 pm: All Ranks  <b>5:00-5:45 RED BELTS</b>  <b>5:45-6:30 GREEN BELTS</b>          6:30-6:45 pm: Weapons          6:45-7:30 pm: Beginners          7:30-8:15 pm: <b>FITNESS</b></p>	<p><b>5:00-5:45 Orange Belts</b></p>	
<p>5:30-6:00 pm: CIT/STORM          6:00-6:45 pm: Kids Only          6:45-7:15 pm Xtreme Kids</p>		
<p>9:00-10:00 Green and Higher          10:00-11:00 White-Orange</p>		



**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

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