



# BMS KARATE



EFFECTIVE JANUARY 5, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:00 - 4:40 Youth Intermediate	4:00 - 4:50 Youth Advanced	4:00 - 4:40 Youth Intermediate	4:00 - 4:40 Youth Beginner	4:00 - 4:40 Youth Intermediate	10:00 - 10:30 Pre-Karate	<b>Dojo Closed</b>
4:45 - 5:25 Youth Beginner	4:55 - 5:35 Youth Intermediate	4:45 - 5:25 Youth Beginner	4:45 - 5:15 Pre-Karate	4:45 - 5:35 Youth Advanced	10:40 - 11:20 Youth Beginner	
5:30 - 6:20 Youth Advanced	5:40 - 6:10 Pre-Karate	5:30 - 6:10 Youth Intermediate	5:20 - 6:00 Youth Intermediate	5:40 - 6:20 Youth Intermediate	11:25 - 12:15 Youth Advanced	
6:25 - 7:05 Youth Intermediate	6:15 - 6:55 Youth Intermediate	6:15 - 6:45 Pre-Karate	6:05 - 6:55 Youth Advanced	6:25 - 7:05 Youth Beginner	12:20 - 1:00 Youth Intermediate	
7:10 - 8:00 Adult Advanced	7:00 - 7:40 Youth Beginner	6:50 - 7:40 Youth Advanced	7:00 - 8:00 Black Belt Weekly	7:10 - 7:40 Adult Advanced	1:10 - 2:10 Adult All Belts	
8:00 - 8:40 Adult Begin/Inter	7:45 - 8:25 Adult Begin/Inter	7:45 - 8:30 Adult All Belts	8:05 - 8:50 Adult All Belts	7:45 - 8:30 Adult All Belts		
	8:30 - 9:20 Adult Advanced	8:30 - 9:00 Adult Advanced Continuation				

Staff Training  
7:00 - 8:15

### Helpful tips for Beginners:

Always bow upon entering and exiting the Dojo floor. Bowing is a sign of respect. Respect the dojo and fellow students. Face the Dojo as you bow.

Sensei' means teacher. All black belt instructors should be referred to as such.

Any assistant instructors or superiors should be referred to as 'Sempai'.

Do not be afraid to ask questions. Our staff and students are very helpful, they will be happy to answer any of your questions. Keep this in mind, soon you will be the one helping the lower ranks.

If you are late for class, kneel on the dojo floor where you entered and wait for a Sensei to let you in. Safety is always first. The Sensei will guide you in and find you a spot where to commence your training.

*Parents, out of respect, please keep the viewing area quiet. Thank you.*