

Jeff Smith Mile High Karate August 10 th , 2019		LEVEL	MON	TUE	WED	THU	FRI	SAT
ORIENTATION PROGRAM	Introductory Lesson (First Introductory Class Class)		6:00	4:30 or 6:30	5:30 or 7:30	4:30 or 6:30	-----	12:00PM or 1:00PM
BASIC PROGRAM	Basic Level White- Green Belts		4:30-5:15 or 7:30-8:15	5:30-6:15	6:30-7:15	3:30-4:15 or 5:30-6:15	6:30-7:15	11:00-11:45AM
BLACK BELT CLUB/ LEADERSHIP PROGRAM --- BLACK BELT TRAINING <i>Classes run for 45 minutes for Black Belt Club Students and 60 Minutes for Leadership. Tutoring is for Leadership Only. Ask our instructors about Special Class availability or to schedule a tutoring session.</i>	Basic Level White- Gold Belts		4:30-5:30 or 7:30-8:30	5:30-6:30	6:30-7:30	3:30-4:30 or 5:30-6:30	6:30-7:30	11:00AM
	Level 1 (Beginner) Orange-High Green		5:30-6:30	6:30-7:30	4:30-5:30	7:30-8:30	5:30-6:30	10:00AM
	Level 2 (Inter.) Low Purple-High Blue		6:30-7:30	7:30-8:30	5:30-6:30	4:30-5:30 or 7:30-8:30	4:30-5:30	12:00PM
	Level 3 (Adv.) Low Red-Con. Black		6:30-7:30	4:30-5:30	7:30-8:30	6:30-7:30	4:30-5:30	12:00PM
	Black Belts Cert. 1 st Degree-Up		8:30-9:30	4:30-5:30	5:30-6:30 or 7:30-8:30	6:30-7:30	7:30-8:30	1:00 PM
	Review Curriculum High Green and Up Only						7:30-8:30	
	Sparring Class High Green and Up Only		8:30-9:30 Sparring Class	7:30-8:30 Sparring Class			5:30-6:30 Sparring Class	2:00-3:00PM Sparring Class
	Leadership Tutoring By Appointment Only (30 Minutes)							2:00-2:30PM or 2:30-3:00PM
Students are Expected to: <ul style="list-style-type: none"> • Arrive 15 Minutes before class starts to warm up. • Attend 4 Sparring Classes (if applicable) and 16 Standard Classes to test and graduate to their next belt. 			<ul style="list-style-type: none"> • Attend classes at least two times per week. • Check in to ZenPlanner before the start of class. • Turn in worksheets to instructor prior to class beginning. 			If you have any questions: Call us at 703-444-2488 or email us at jeffsmithkarate@gmail.com		