

Maroochydore Dojo

MON	TUE	WED	THUR	FRI	SAT
	6:00 - 7:00am Teens & Adults		6:00 - 7:00am Teens & Adults		
					8:40 - 9:20am Little Champions
	9:30 - 10:30am Teens & Adults		9:30 - 10:30am Teens & Adults		9:30 - 10:20am Kids
					10:30 - 11:30am Teens & Adults
3:40 - 4:20pm Little Champions	3:40 - 4:20pm Little Champions	3:40 - 4:20pm Little Champions	3:40 - 4:20pm Little Champions		
4:30 - 5:20pm Kids	4:30 - 5:20pm Kids	4:30 - 5:20pm Kids	4:30 - 5:20pm Kids	Junior Squad 6-12 Yrs Colour Belts only 4:30-6:00pm (Kata / Kumite)	
5:30 - 6:00pm Self Training	5:30 - 6:20pm Kobujutsu	5:30 - 6:00pm Self Training	5:30 - 6:20pm Family Class		
6:00 - 7:00pm Teens & Adults	6:30 - 7:30pm Teens & Adults	6:00 - 7:00pm Kobujutsu	6:30 - 7:30pm Teens & Adults	Senior Squad 6:00-6:30pm (Kobujutsu) 6:30-8:00pm (Kata / Kumite)	
7:00 - 8:00pm Kobujutsu	7:30 - 8:00pm Self Training	7:00 - 8:00pm Teens & Adults	7:30 - 8:00pm Self Training		

Please refer to the back of this page for additional information about classes.

SOKE CUP SQUAD INFORMATION



Join the Sunshine Coast Squad and start preparing for the 2026 Soke Cup, International Chito-Ryu Karate Championships to be held on the Gold Coast.

- Weekly Squad Training on Fridays
- Check-in for Juniors: Mon & Wed, 5:30-6:00pm
- Check-in for Seniors: Tue & Thur, 7:30-8:00pm
- Monthly Sunday Session 8:00-11:00am (From July)

Speak to instructors for more information.

CELEBRATING 25 YEARS (2000-2025)



Phone/Txt: 0435 255 323
 Email: sck@SunshineCoastKarate.com.au
 Facebook: facebook.com/SunshineCoastKarate
 Web: SunshineCoastKarate.com.au

SUNSHINE COAST KARATE

About The Classes & Important Notes

<i>Little Champions</i>	This class is for students 4-7 years of age (& parents). Any parents with an active membership are welcome to join these classes for FREE as a bonus.
<i>Kids</i>	This class is for students 8-12 years of age (& parents). Any parents with an active membership are welcome to join these classes for FREE as a bonus.
<i>Family Class</i>	These classes are for students of all ages and are offered as a chance for family groups to train together. Little Champions (4-7 yrs) may only participate with a parent.
<i>Teens & Adult</i>	These classes for students 13 yrs & above only.
<i>Kobujutsu Classes</i>	Only for members with an unlimited ALL Access Membership. Kobujutsu (weapons) classes only for green belt & above.
<i>Tournament Squad Classes</i>	Tournament Squad Classes are open to all coloured belt members (not suitable for white belt students). All participants must have their own personal protective equipment (see below for details). There will not be any progress checks in these class.
<i>Public Holidays</i>	The dojo will be closed for public holidays and there will be no classes. If there is a long weekend as a result of the public holiday, there will also be no Saturday classes.
<i>Make Up Lessons</i>	If you miss class for any reason, delete your booking in the ClubWorx member portal and book yourself a make up lesson, in advance if possible. https://app.clubworx.com/websites/sck/members/login

Personal Protective Equipment

	<p>Kumite (sparring) is scheduled into classes for all ages every second day. For your safety, all students who have graded (everyone except white belts) MUST bring their own personal protective equipment to the dojo for ALL classes.</p> <p>Order Online OR Dojo Club Shop - https://karate4life.com/product-tag/protective-equipment/ (scan QR code)</p> <p>Essential equipment for training & tournaments: gloves, shin/instep protectors, mouth guard, groin guard (male). Body gear & head gear may be borrowed from the dojo.</p>
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