

Sunshine Coast Karate

2017 Training Schedule

(Effective from Sat, 28 January 2017)

Maroochydore - Honbu Dojo

2/14 Depot St (Cnr Progress Rd), Maroochydore

Ph (Martin): 0435 255 323

Web: www.SunshineCoastKarate.com.au

Little Champions Karate (4-7 Yrs) & Parents

All Levels

Morning (8:45 – 9:25m)

- Saturday **** New in 2017**

Afternoons (3:45 – 4:25pm)

- Monday – Friday

Evenings (5:30 – 6:10pm)

- Thursday

Tournament Squad (Kata & Kumite)

** By invitation only*

Evenings (5:30 – 7:00pm)

- Friday

Kids Karate (8-15 yrs) & Parents

Beginners (White – Orange Belt)

Morning (9:30 – 10:25pm)

- Saturday **** New in 2017**

Afternoons (4:30 – 5:25pm)

- Monday – Friday

Intermediate/Advanced (Green – Black Belt)

Morning (9:30 – 10:25pm)

- Saturday **** New in 2017**

Afternoons (4:30 – 6:10pm)

- Mon, Tue, Wed & Thur

Intermediate & advanced student (Green-Black Belt) are also encouraged to train in beginner classes.

Tournament Squad (Kata & Kumite)

** By invitation only*

Evenings (5:30 – 7:00pm)

- Friday

Teens/Adults Karate

All Levels

Mornings (6:00 – 7:00am)

- Tuesday & Thursday

Mornings (10:30 – 11:30am)

- Saturday **** New in 2017**

Days (9:30 -10:30am)

- Tuesday & Thursday

Evenings (6:15 – 8:00pm)

- Monday - Thursday

Tournament Squad (Kata & Kumite)

** By invitation only*

Evenings (6:15 – 8:00pm)

- Friday

New classes in 2017

Home schooled children & Parents

All Levels

- Tuesdays - 10:40 – 11:30am

Over 50's Karate

All Levels

- Thursdays (10:40 – 11:30am)

Kobudo - Weapon Training

Blue Belt & Above

- Saturday (6:00 – 7:00am)

Invitation only, extension

- Saturday (7:00 – 8:00am)

During school term only. Bookings required.

PARENT PARTICIPATION: Parents are encouraged to participate in Little Champion & Karate Kids classes, please note however the major focus from instructors will be towards teaching the children.

PERSONAL PROTECTIVE EQUIPMENT: All students should bring their own personal protective equipment to every class, for use when practicing kumite (sparring). Gloves, mouth guards, shin guards, groin guard.

MAKE UP LESSON POLICY: If you know that you are going to be away, please call or email in advance if at all possible, alternatively contact us as soon as possible after the fact. When you contact us to apologise for your absence, you will also be asked to book a time to make up your missed lesson. If you do not rebook your missed lesson, you will lose it.