

# DAYPUCK KARATE - 2019 WINTER SCHEDULE

"We teach families the art of success!"

380 Saskatoon Street, London Ontario Canada. 519-457-2923. daypuck.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:00 - 6:45 (Mat Dojo) Traditional Karate (Sr.White - Sr.Yellow)	5:30 – 6:00 (Mat Dojo) Tiny Tigers - Level 1 (Age 4 - 7)	6:00 - 6:45 (Mat Dojo) Traditional Karate (Sr.White - Sr.Yellow)	5:30 – 6:00 (Mat Dojo) Tiny Tigers - Level 1 (Age 4 - 7)
6:45 – 7:30 (Mat Dojo) Traditional Karate (Orange - Sr.Orange)	6:00 – 6:30 (Mat Dojo) Tiny Tigers - Level 2 (Age 5 - 7)	6:45 – 7:30 (Wood Dojo) Traditional Karate (Orange - Sr.Orange)	6:00 – 6:30 (Mat Dojo) Tiny Tigers - Level 2 (Age 5 - 7)
6:45 – 7:30 (Wood Dojo) Traditional Karate (Green - Sr.Purple)	6:30 – 7:00 (Mat Dojo) Tiny Tigers - Level 3 (Age 5 - 7)	6:45 – 7:30 (Mat Dojo) Traditional Karate (Green - Sr.Purple)	6:30 – 7:00 (Mat Dojo) Tiny Tigers - Level 3 (Age 5 - 7)
7:30 – 8:15 (Mat Dojo) Traditional Karate (Blue - Black)	The Wood Floor is open on Tuesday nights from 5:30 - 7:00pm for students who wish to practice on their own.	7:30 – 8:15 (Mat Dojo) Traditional Karate (Blue - Black)	6:15 - 7:00 (Wood Dojo) Competition Team Weapons Practice
			7:00 – 7:45 (Mat Dojo) Children's Sparring (Yellow - Brown)
			7:45 - 8:30 (Mat Dojo) Adult/Teen Sparring (Yellow - Black)

**SPARRING:** Students Yellow Belt and above are encouraged to attend Sparring Classes.

A Mouthguard, Groin Protection, Headgear, Hand Gear, and Foot Gear are all mandatory for safety.

**Sparring Gear used at Daypuck Karate MUST be purchased at Daypuck Karate.**

**PRIVATE LESSONS:** Get extra help and prepare for gradings and tournaments with Private Lessons.

The rate is \$50 for a 40 Minute Lesson. Non-Members are \$120/hour.

Please speak with Sensei Pete to book your Private Lessons.

**HOLIDAYS:** The dojo is closed on all long weekends and statutory holidays. Look for postings!

**GRADINGS:** Gradings are generally held on the last THURSDAY of every month. **Look for Postings!**

Competition Team Weapons Practice and sparring classes are cancelled on Grading nights.

**WEAPONS:** Bo classes are for **Competition Team** members only (ask Sensei Pete if you want to join the Team).