

Karate American LLC Altoona

Info online at the KA website www.karate-american.com or email me at curtis.huff@karate-american.com
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9:00-10:00am	Adult Floating Sparring Class see Mr. Huff for next weeks Day!				
12:00-12:45pm		All Belt Adults		All Belt Adults	KARATE (kids & adults)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00pm	Private Lessons	Private Lessons	Private Lessons	Private Lessons	Private Lessons	STYLES & BELT RANKS Freestyle Karate White Gold Orange Green Purple Purple Stripe Blue Blue Stripe Red Red Stripe Brown Brown Stripe Black Judo/Jujitsu White Yellow Orange Green Brown Brown Stripe Brown Double S. Black Aikido Belts White Orange Orange Adv. Blue Blue Adv. Brown Brown Adv. Black TKD Belts White Orange Yellow Green Blue Purple Purple/Purple Trim Brown Brown Senior Red Red Senior Black Shorei-ryu Karate White Yellow Green Brown Brown Stripe Black
4:30	White Belts Kids	Gold Belts	White Belts Kids	Gold Belts	White Belts Kids	
4:30	Little Dragons White Belts (4-6 yrs)	Orange Belts	Little Dragons White Belts (4-6 yrs)	Orange Belts	Gold - Green Belts Kids	
4:30	Purple Stripe - Brown Belt	Kid's Bo Staff & Eskrima Sticks (BBC Members)	XMA Class (BBC Members)		Sai Class (BBC Members)	
5:10	Little Dragons Gold S - Orange S (4-6yrs)	TINY DRAGONS (3 year olds)	Little Dragons Gold S - Up (4-6yrs)	Green Belts	Purple - Brown Belt Kids	
5:10	Green - Purple Stripe Belts	Sparring Kids Gold & Higher Belts	Green - Brown Stripe	Purple Belts	Family Class (7yrs & up)	
5:10	Little Kickers TKD (5-6yrs)	Little Dragons Sparring	Little Kickers TKD (5-6yrs)	Purple Stripe Belts	Bo Staff (BBC Members)	
5:10	Teen/Adult Class (all belts)	White Belts Kids	Teen/Adult Class (Purple Stripe & Higher)	Blue - Brown Belts	Teen/Adult Class (all belts)	
5:50	Little Dragons Orange - Up (4-6yrs)	Green & Purple Belts	Teen/Adult Class (White - Purple Belts)	Sword Class (BBC Members)	Sparring All Ages & All Belts	
5:50	Gold & Orange Belts	Purple Stripe Belts	Gold & Orange Belts	Sparring Kids Gold & Higher Belts	ALL BELTS THROW CLASS (WITH MR. R. GAY)	
5:50	Team KA Workout	Purple Stripes Belts	Nunchaku Class (BBC Members)		Judo/Jujitsu (kids/adults)	
5:50	TAE KWON DO (kids program)	Blue - Brown Belts	TAE KWON DO (kids program)	White Belts Kids	TAE KWON DO (all belts)	
6:30 ***** Introductory Lessons ***** <i>Current Students, Please No Distractions on Workout Area!</i>						
6:45	TAE KWON DO (adults program)	Shorei-ryu Karate 6:30-8:00pm	TAE KWON DO (adults program) no class last Wed. of the month.	Shorei-ryu Karate 6:30-8:00pm	Specialty Seminars Check calendar for Test Day! Bring your Gear to All Classes!	
6:45	Teen/Adult Kama Class (BBC Members)	Red Belts - Brown Belts	Eskrima & Knife Class (6:30pm Black Belts)	Gold - Brown Belts		
6:45	White - Brown Belts	Black Belts	White - Brown & Family Class	White Belts		
7:30	XMA Class (BBC Members)	ALL BELTS THROW CLASS (WITH MR. R. GAY)	ALL BELT SPARRING	Black Belts		
7:30	Cardio Kickboxing	White - Blue Stripes Belts	Cardio Kickboxing	SCREAM WORKOUT		
8:15	Studio Closed	AIKIDO CLASS (specialty program)	Studio Closed	AIKIDO CLASS (specialty program)		

TEEN / ADULT

Karate Body Special! **\$150** It is recommended that you attend class 3 times per week.
 2 Month of Karate Lessons, Student Uniform, First test fee & Tshirt! Value \$305 All specialty classes and programs are separate from karate classes.