

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:15 AM	Krav Maga	Krav Maga	Krav Maga	Krav Maga	Krav Maga	
10:30-noon			Home School			
3:45-4:30	Ages 4-12 All ranks	Ages 4-12 All ranks	Ages 4-12 All ranks	Ages 4-12 All ranks		8:00-8:30 Kobudo (e)
4:30-5:15	Ages 4-12 All ranks	Ages 4-12 All ranks	Ages 4-12 All ranks	Ages 4-12 All ranks		8:30-9:30 Jujutsu Ages 8- adult
5:15-5:45	Ages 4-7 W-O-B-P	Ages 4-7 W-O-B-P	Ages 4-7 W-O-B-P	Ages 4-7 W-O-B-P		9:30- 10:00 Ages 4-7 W-O-B-P
5:45-6:30	Ages 8-12 All ranks	Ages 8-12 W-Y-G-Br	Ages 8-12 All ranks	Ages 8-12 W-Y-G-Br		10:00- 10:45 Age 13+ All Ranks
6:30-7:15	Ages 8-Adult Jujutsu	Ages 8-12 G-Br-Bl	Ages 8-Adult Jujutsu	Ages 8-12 G-Br-Bl		10:45- 11:30 Ages 8-12 All ranks
7:15-8:00	Ages 13- Adult & Family All ranks	Ages 13- Adult & All ranks	Ages 13- Adult & Family All ranks	Ages 13- Adult & All ranks		
8:00-9:00 PM	Krav Maga	Krav Maga	Krav Maga	Krav Maga		

W= white belt **Y** = yellow belt **G** = green belt **Br** = brown belt
Bl = black belt **O**= orange belt **B**= blue belt **P**= purple belt

*** Krav Maga-Reality Based Self Defense**

Krav Maga is a non-competitive self-defense system developed in Israel. Krav Maga is known for its focus on real-world situations and extremely efficient counter-attacks. It was derived from street-fighting skills and emphasizes threat neutralization, simultaneous strikes and blocking techniques. Get in shape! Learn a skill!

The Karate Center

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The Karate Center is the area's premier facility for studying Japanese martial arts. Our head instructor, Hanshi Paul Fracchia has 48 years experience in the martial arts. The school has not only distinguished itself by producing students with strong physical skills but for the development of character. We "Build The Leaders of Tomorrow" by developing self-discipline, control, respect and self-esteem. It's a local school with a national reputation.

Some comments from parents:

"My son has completely come out of his shell, don't know how to thank you"

"His grades have improved ever since joining karate"

"She is so much more active now and enjoys doing things instead of watching TV"

It's such a pleasure to watch the weekly improvement under your instructors. They care so much for each person?

Call for a free class. We accept students from other styles.

Schedule Notes:

- a) New Schedule effective **April 30, 2012**
- b) Monday and Tuesdays are form (kata) emphasis.
- c) Wednesday and Thursdays are sparring (kumite) emphasis
- d) Students usually enroll for Mon, Wed and Sat. or Tues, Thurs. and Sat.
- e) To attend the kobudo (weapons) class you must hold at least a yellow belt in karate
- f) There is an additional fee for Krav Maga and Jujutsu
- g) For those families that have children in both kids (ages 4-7) and in youth (ages 8-12) they may attend together in the youth classes.
- h) To spar (blue/yellow belts and above) you must have all the required equipment. It's the parent's responsibility to make sure students are wearing the proper equipment.
- i) TKC will be closed for major holidays and Christmas week.
- j) Tuition covers 4 weeks of classes.
- k) New students are always welcome.
- l) Family class is for parents and children together
- m) Train as often as you wish
- n) **Birthday Parties** ask about scheduling and pricing
- o) **Special Family Rate** available
- p) **Private Lessons** available

