



# AMAI Karate

## Martial Arts and FITNESS

# 2012 Schedule

4555 Atlanta Hwy, Suite M, Loganville, Ga 30052 770-466-5997 fax 770-466-5997

Visit us online at [www.AMAIKARATE.com](http://www.AMAIKARATE.com) revised 1/19/12

	<b>Monday</b> A	<b>Tuesday</b> A	<b>Wednesday</b> B	<b>Thursday</b> B	<b>Fun Friday</b>	<b>Saturday</b> A/B	<b>Words of Wisdom</b>
<b>Pre-K Karate</b> Ages 2 1/2-4	4:00-4:30pm	11:15-11:45am	4:00-4:30pm	11:15-11:45am	-----	-----	*Arrive 5-10 minutes prior to your class
<b>Karate Lil' Eagles</b> Ages 5-6	4:30-5:00pm	5:30-6:00pm	4:30-5:00pm	5:30-6:00pm	5:00-5:30pm <i>Weapons/Breaking</i>	<b>*Family Class</b> 10:00-10:50am	*All parents, members and students must <b>Bow at the door</b> , use respect and courtesy, by saying "Hello sir, hello ma'am". Say "Goodbye sir, Goodbye ma'am" upon exiting.
<b>Karate Jr. Beginner</b> Ages 7-12 (Wte/Yell/Org)	5:00-5:45pm	6:15-7:00pm	5:00-5:45pm	6:15-7:00pm	5:30-6:15pm <i>Weapons/Breaking</i>	<b>*Family Class</b> 10:00-10:50am	Say "Goodbye sir, Goodbye ma'am" upon exiting.
<b>Karate Jr. Intermediate</b> Ages 7-12 (Grn/Pur/Blue)	6:00-6:45pm	4:00-4:45pm	6:00-6:45pm	4:00-4:45pm	5:30-6:15pm <i>Weapons/Breaking</i>	<b>*Family Class</b> 10:00-10:50am	*You must wear shoes when not on training mat. Also place shoes & socks in designated area when entering the training mat.
<b>Karate Jr. Advanced</b> Ages 7-12 (Red/Brn/Jr Blk)	6:00-6:45pm	4:00-4:45pm	6:00-6:45pm	4:00-4:45pm	5:30-6:15pm <i>Weapons/Breaking</i>	<b>*Family Class</b> 10:00-10:50am	
<b>Karate Black Belts</b> All ages	7:15-8:15pm	12noon-1pm 5:00-5:50pm	7:15-8:15pm	12noon-1pm 5:00-5:50pm	-----	8:30-10:00am <i>*Mandatory for Instructors</i>	*Scan your card.
<b>Karate Teen/Adult</b> Ages 13 & up (All Belts)	8:00-9:00pm	12noon-1pm ----- 7:15-8:15pm	8:00-9:00pm	12noon-1pm ----- 7:15-8:15pm	5:30-6:15pm <i>Weapons/Breaking</i>	11:00-11:45am Karate 13 & up	*Please try to make an "A" day and an "B" day each week. Saturdays are make up days.
<b>Demo Team</b> (Selected members only)	-----	-----	-----	-----	6:30-7:30pm	-----	*Bring your gear to every class.
<b>Leadership Team</b> (Selected members only)	6:45-7:15pm	5:00-5:30pm	6:45-7:15pm	5:00-5:30pm	-----	-----	*If you arrive late, please remain at the edge of the mat until the instructor grants you permission to enter.
<b>East West MMA</b> (EWMMA members only)	7:00-8:00pm	-----	7:00-8:00pm	-----	-----	12:00-1:00pm	*Please address all staff and Instructors with their appropriate titles. Ea. Sensei, Sifu, Mr. or Mrs.
<b>No-Gi Jiu-Jitsu</b> (No-gi members only)	8:00-9:00pm	-----	12noon-1:00pm 8:00-9:00pm	-----	12noon-1:00pm	-----	*Your feedback is important to us. Sensei Garner's email address is <a href="mailto:sensei-justingarner@gmail.com">sensei-justingarner@gmail.com</a>
<b>Brazilian Jiu-Jitsu Kids</b> Ages 6-12	-----	7:00-7:45pm	-----	7:00-7:45pm	-----	10:00-10:45am	
<b>Brazilian Jiu-Jitsu Adults</b> Ages 13 & up	-----	8:00-9:30pm	11:00am-12noon	8:00-9:30pm	11:00am-12noon	10:45-12:00pm	

**To stay at the cutting edge of Martial Art; Instruction we will be closed on occasional Saturday's and Holidays for Instructor Training and Events!**