

Sound Mind in a Sound Body

Set A Goal!

“Yes I Can!” Attitude



**K. M. A.**

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**SUMMER CAMP 2016 CLASS SCHEDULE**

**THE FAMILY THAT KICKS TOGETHER STICK TOGETHER & HAS FUN TOGETHER**

Time	MONDAY CLASS A	TUESDAY CLASS B	WEDNESDAY CLASS A	THURSDAY CLASS B	FRIDAY ALL CLASSES	SATURDAY ALL CLASSES
11:00 - 11:50 am	Family/Child All Ranks Form/One Step	Family/Child All Ranks Form/One Step	Family/Child All Ranks Form/Sparring	Family/Child All Ranks Form/Sparring	Family/Children All Ranks Review	10:00-10:50 Judo / Hapkido Self Defense
1:00 - 1:50 pm						11:00-11:50 Adult / Child All Belts Review
3:30 - 4:20 pm						12:00 –1:00 Instructor Team Demo Team ONLY
4:30 - 5:20 pm	Private Lesson By Appointment	Private Lesson By Appointment	Private Lesson By Appointment	Private Lesson By Appointment	Private Lesson By Appointment	BEGINNER White - Blue Stripe ADVANCED Blue - Black Belts
5:30 - 6:20 pm	Family/ Child Form / One Step Beginner	Family / Child Form / One Step Advanced	Family / Child Form / Sparring Beginner	Family / Child Form / Sparring Advanced	Family/ Child Review Demo All Belts	YOU MUST ATTEND CLASS AT LEAST TWICE A WEEK
6:30 - 7:20 pm	Family/ Child Form / One Step Advanced	Family/ Child Form / One Step Beginner	Family/ Child Form / Sparring Advanced	Family/ Child Form / Sparring Beginner	5 STUDENTS OR LESS, WILL HAVE 1/2 HOUR LESSON	SPARRING EQUIPMENT MANDATORY
7:30 - 8:30 pm	PROMOTION TEAM	Instructor Team Only	Private Class	Leadership Team Only	NO SCHOOL ON NATIONAL HOLIDAYS	BIRTHDAY PARTIES Saturdays after class

My training schedule: (1.) Day: \_\_\_\_\_ Time: \_\_\_\_\_ ; (2.) Day: \_\_\_\_\_ Time: \_\_\_\_\_ (3.) Day: \_\_\_\_\_ Time: \_\_\_\_\_ .

**TO BECOME THE BEST - LEARN FROM THE BEST**