



Boulder Mile High Karate Class Schedule

Effective May 1, 2006

Class Level	Combinations and Forms		Kicks and Sparring		Kick It!
	Monday	Tuesday	Wednesday	Thursday	Saturday
Introductory Class – New Students (Call to Schedule Appointment 303-440-3993)	Call	Call	Call	Call	Call
Basic	6:15-7:00p	4:00-4:45p	6:15-7:00p	4:00-4:45p	11:15-12:00p
Master Club Level 1 (Prep Zone)	4:00-4:45p	5:15-6:00p	7:00-7:45p	4:45-5:30p	9:30-10:15a
Leadership Level 1 (Prep Zone)	4:00-5:00p	5:15-6:15p	7:00-8:00p	4:45-5:45p	9:30-10:30a
Master Club Level 2 (Prep Zone)	5:30-6:15p	6:45-7:30p	4:00-4:45p	7:15-8:00p	12:00-12:45p
Leadership Level 2 (Prep Zone)	5:30-6:30p	6:45-7:45p	4:00-5:00p	7:15-8:15p	12:00-1:00p
Master Club Level 3 (Prep Zone)	4:45-5:30p	6:00-6:45p	4:45-5:30p	6:30-7:15p	12:00-12:45p
Leadership Level 3 (Prep Zone)	4:45-5:45p	6:00-7:00p	4:45-5:45p	6:30-7:30p	12:00-1:00p
Master Club Black Belt	7:00-7:45p		5:30-6:15p		10:15-11:00a
Leadership Black Belt	7:00-8:00p		5:30-6:30p		10:15-11:15a
Leadership Class		4:45-5:15p			
Little Ninjas (Ages 3-5)		4:00-4:30p		4:00-4:30p	11:15-11:45a
Master Club Sparring (Blue Belts and Higher)				5:30-6:15p	
Leadership Club Sparring (Blue Belts and Higher)				5:30-6:30p	
Leadership Demo Team					1:00-2:30p

Students are expected to:

PREP ZONE (Balance Bar Area): Starts 10-15 Minutes Prior to Class; Highest Rank Student shall run the Prep Zone; includes warm up; stretching; and discussion of the Word of the Month.

1. Arrive 10-15 minutes prior to class.	8. Always wear long hair pulled back.
2. Attend 2 times per week.	9. Attend all intramural tournaments.
3. Place shoes and jackets neatly in cubicles.	10. Maintain a high level of consistency in class attendance.
4. Pull attendance card prior to class.	11. Display Black Belt attitude and commitment.
5. Show respect for instructors and fellow students.	12. Maintain high performance in school work.
6. Keep uniform clean and pressed.	13. Stretch daily 10-15 minutes.
7. No jewelry, for your safety as well as your jewelry.	14. Always show respect for Mom and Dad.

Mile High Karate
2095 30th Street
Boulder, CO 80241
303-440-3993 – Voice
303-440-3991 – FAX
boulder@milehighkarate.com

Basic: Includes White, Gold and all non Master Club members
Master Club Level 1: Master Club and Leadership Orange Belts thru Blue Belts
Master Club Level 2: Master Club and Leadership High Blue Belts thru Low Brown Belts
Master Club Level 3: Master Club and Leadership Brown Belts thru Conditional Black Belts
LEADERSHIP: Leadership members only

**Please Check the Board for Announcements or
Visit our Website at <http://www.bouldermhk.com>**



Ask Us About Birthdays!

