

# USA KARATE

319 Tremont St. (Rte. 118)  
 Rehoboth MA-02769  
 (508) 226-7500  
 usakaraterhoboth.com

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 - 10:00							Adult Muay Thai MMA
10:00							Mixed Advanced/ Black Belt
11:00							Mixed All Ranks
12:00			Mixed Adult 12N-1:00			Mixed Adult 12N-1:00	Competition Training (Seasonal)
1:00							
2:00							
5:00 - 5:30		Lil' Dragons 5:00-5:30	Beginner Children 5:00-5:45	Mixed Advanced 5:00- 6:00	Lil' Dragons 5:00-5:30	Beginner Children 5:00-5:45	
5:30 - 6:15		Intermediate Children 5:30-6:15	Beginner Adult 6:00-7:00	Black Belt 6:00-7:00	Intermediate Children 5:30-6:15	Beginner Adult 6:00-7:00	
6:15 - 7:15		Intermediate Adult 6:15-7:15	Mixed Advanced 7:00-8:00	Adult Muay Thai MMA 7:00-7:45	Intermediate Adult 6:15-7:15	All Testing 7PM	
7:15 - 8:00		Black Belt 7:15-8:15			All Ranks Self-Defense/ Forms		

1. **BE ON TIME FOR CLASS!!!** Try to arrive five to ten minutes prior class start time.
2. Place shoes neatly in designated area.
3. Keep uniforms neat, clean, and odor free.
4. **Quietly prepare for class (DO NOT DISTURB A CLASS IN SESSION).**
5. Respect should always be shown for your instructors and fellow students.
6. Students and guests should always be well mannered and behave properly.
7. Attend class on a regular and consistent schedule.
8. Be sure to make up all missed classes.
9. Practice and exercise at home gives better results.
10. Proper effort and spirit should always be shown in class.
11. Memorize the **Rules of the School** and **Student Creed**.
12. Maintain and develop a positive, well disciplined attitude.
13. **PARENTS, we encourage you to watch but PLEASE REMAIN QUIET !!!**
14. New classes will be added and times changed as the school grows, please check the schedule on a regular basis.

**DEVOTED TO CONSTANT & NEVER-ENDING IMPROVEMENT!**

*Chief Instructor: Shihan John Agostini, 5<sup>th</sup> Degree Black Belt*