

## 2010 Class Schedule for Alabama Karate Academy

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
<b>4:45</b>	Beg	Int/Adv	Beg	Int/Adv/CDB/BB
<b>5:30</b>	Int/Adv	Beg	Int/Adv/CDB	Warrior class
<b>6:15</b>	No class	BB/CDB	Black Belt	Beg
<b>7:00</b>	No class	Adults	No class	Adults

  

<b>Beginner (Beg):</b>	White, Yellow, Orange, Advanced Orange
<b>Intermediate (Int):</b>	Green, Advanced Green, Camouflage, Advanced Camouflage
<b>Advanced (Adv):</b>	Brown, Advanced Brown, Red Advanced Red
<b>Warriors Club (WC):</b>	This is an additional program for Yellow belt and higher.
<b>Cho Dan Bo (CDB):</b>	Black Belt Candidates
<b>Black Belts (BB)</b>	All Dan Students
<b>Note: All CDB &amp; Black belts Testing in May cycle are required to attend Beg, Int. &amp; Advance forms classes.</b>	

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<b>Cho Dan Bo (CDB):</b>	Black Belt Candidates
<b>Black Belts (BB)</b>	All Dan Students
<b>Instructor Training (IT)</b>	Dan students pursuing Instructor Certification
<b>Note: All CDB &amp; Black belts Testing in May cycle are required to attend Beg, Int. &amp; Advance forms classes.</b>	