



4380 MacArthur Blvd, NW Washington, DC 20007 202-337-8888

Effective: February 2015

Belt Rank		Mon	Tue	Wed	Thur	Fri	Sat
		= = = Standard Classes = = =				Specialty <i>Classes</i> Black Belt Club Members ONLY	
No Belt, White (New Students)	Jr.	5:30		6:20			
	Sr.		7:10		7:10		
Gold	Jr.		6:20		5:30	<i>Sparring</i>	<i>Weapons</i>
	Sr.		7:10		7:10		
Green Purple	Jr.		5:30		6:20	5:30	12:10
	Sr.		7:10		7:10	7:10	1:00
Blue Red	Jr.	6:20		5:30		5:30	12:10
	Sr.		7:10		7:10	7:10	1:00
Brown - Black	Jr.	6:20		5:30		6:20	12:10
	Sr.		7:10		7:10	7:10	1:00
Demo Team							11:20
Master Club							11:20

STUDENTS, BRING ALL EQUIPMENT TO EVERY CLASS.

UNIFORM SCHEDULE

Standard Membership						
RANKS	Mon	Tue	Wed	Thurs	Fri	Sat
White - Purple	White	White	Black	Black	White	Black
Blue - Jr. Black	White	White	Red	Red	White	Black

Black Belt Club Members						
RANKS	Mon	Tue	Wed	Thurs	Fri	Sat
White - Purple	Red	Red	Black	Black	White	Black
Blue - Jr. Black	White	White	Red	Red	White	Black

BLACK BELTS						
	Mon	Tue	Wed	Thurs	Fri	Sat
Top	White	Red	Black	White	White	Blue
Bottom	Black	White	Red	Black	Red	Blue

- NOTICE:** *T-shirts must be the same color as uniforms, (Mandatory for females!)
- *Absolutely NO entry to class with a wrong color uniform!
- *If there are any schedule problems, please contact the office!