

Jeff Smith Mile High Karate December 14 th , 2019	LEVEL	MON	TUE	WED	THU	FRI	SAT
ORIENTATION PROGRAM	First Introductory Lesson	6:00	4:30 or 6:30	5:30 or 7:30	4:30 or 6:30	-----	12:00PM or 1:00PM
BASIC PROGRAM	Basic Level <small>White- Green Belts</small>	4:30-5:15 or 7:30-8:15	5:30-6:15	6:30-7:15	3:30-4:15 or 5:30-6:15	6:30-7:15	11:00- 11:45AM
BLACK BELT CLUB/ LEADERSHIP PROGRAM --- BLACK BELT TRAINING <i>Classes run for 45 minutes for Basic Students and 60 Minutes for Leadership. Tutoring is for Leadership Only. Ask our instructors about Special Class availability or to schedule a tutoring session.</i>	Basic Level <small>White- Gold Belts</small>	4:30-5:30 or 7:30-8:30	5:30-6:30	6:30-7:30	3:30-4:30 or 5:30-6:30	6:30-7:30	11:00 AM
	Beginner <small>Orange-High Green</small>	5:30-6:30	6:30-7:30	4:30-5:30	7:30-8:30	5:30-6:30	10:00 AM
	Intermediate <small>Low Purple-High Blue</small>	6:30-7:30	7:30-8:30	5:30-6:30	4:30-5:30 or 7:30-8:30	4:30-5:30	12:00 PM
	Advanced <small>Low Red-Con.Black</small>	6:30-7:30	4:30-5:30	7:30-8:30	6:30-7:30	4:30-5:30	12:00 PM
	Black Belts <small>1st Degree Prep Cycle-Up</small>	5:30-6:30	4:30-5:30	5:30-6:30 or 7:30-8:30	6:30-7:30	7:30-8:30	1:00 PM
	Review Curriculum <small>High Green and Up Only</small>					7:30-8:30	
	Sparring Class <small>High Green and Up Only</small>		7:30-8:30 Sparring Class			5:30-6:30 Sparring Class	1:00 PM Sparring Class
Students are Expected to: <ul style="list-style-type: none"> • Arrive 15 Minutes before class starts to warm up. • Attend 4 Sparring Classes (if applicable) and 16 Standard Classes to test and graduate to their next belt. • Place belongings in cubbies and lockers before class. • Bring complete sparring gear to every class. 							
						If you have any questions: Call us at 703-444-2488 or email us at jeffsmithkarate@gmail.com	

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