## **Listowel Schedule**



**PROMAR CLASS SCHEDULE** Fall Schedule Begins Sept. 9th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>Dragons (4-6)</b> 5:45-6:15pm	<b>Dragons (4-6)</b> 5:45-6:15pm	<b>Dragons (4-6)</b> 5:45-6:15pm	White to Yellow Belt (Ages 7+) 5:45-6:25pm
White to Yellow Belts (Younger Purple) 6:30pm-7:10pm	White to Yellow Belts (Younger Purple) 6:30pm-7:10pm	Open: All Belts 7+ 6:30pm-7:15pm	Chanbara (Padded Sword) Class 6:30pm-7pm
Purple to Black Belts 7:20pm-8:00pm	Purple to Black Belts 7:20pm-8:00pm		Purple to Black Blacks 7pm-7:40pm
<b>Dragons</b> - Ages 4 to 6 <b>Open</b> - All Belts	Novice - White Belt to Purple Belt Intermediate - Orange Belt to Blue Stripe Advanced - Blue Belt and UP Orientation Lesson - By Appointment		<b>Sparring</b> 7:45pm-8:15pm

## **Principles of Black Belt**

As a dedicated student of the martial arts, I will live by the principles of Black Belt:

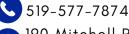
Modesty - Courtesy - Integrity - Self Control - Perseverance - Indomitable Spirit.

## **Counting to 10 in Japanese**

One —, ichi pronounced ee-chee Two \_, ni pronounced nee Three  $\Xi$ , san pronounced s(ah)n Four 四, shi (yon) pronounced shee Five  $\Xi$ , go pronounced g(h)o Six 六, roku pronounced rho-ku Seven 七, shichi pronounced shee-chee Eight 八,hachi pronounced ha-chee with a soft h 4. Fight not for selfish ends, but develop Nine 九, kyuu pronounced kyu Ten +,juu pronounced j-uu

## Student Creed

- 1. Respect country, parents, teachers, and one another.
- 2. Develop confidence of the mind, honesty of the heart, and strength of the body.
- Make courtesy and patience guide 3. words.
- might for right.



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