



Promar Karate



PROMAR CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Dragons (5-6) 5:45-6:15pm	Little Dragons (3-4) 5:45-6:15pm	Dragons (4-6) 5:45-6:15pm	Kids Chanbara Ages 3-12 5:15pm-5:45pm
White to Purple Belts 6:30pm-7:10pm	White to Purple Belts 6:30pm-7:10pm	Open: All Belts 7+ 6:30pm-7:15pm	White to Yellow Belt (Ages 7+) 6:00pm-6:40pm
Orange to Black Belts 7:20pm-8:00pm	Orange to Black Belts 7:20pm-8:00pm		Sport Karate Kata / Self Defense+ 6:45pm-7:20pm
			Sparring 7:20pm-8:00pm

Little Dragons - Ages 3 & 4
Dragons - Ages 5 & 6
Open - All Belts

Beginner - White to Yellow Belt
Novice - White Belt to Purple Belt
Intermediate - Orange Belt to Blue Stripe
Advanced - Blue Belt and UP
Orientation Lesson - By Appointment

2023/24 IMPORTANT DATES

Sept 5 - Classes Begin
 Oct 6-9 - Thanksgiving Weekend - NO CLASSES
 Oct 21 - Fall Tournament
 Dec 24-Jan 7 - Winter Break - NO CLASSES
 Feb 16-19 - Family Day Weekend - NO CLASSES
 March 11-15 - March Break - Limited Schedule
 March 29-April 1 - Easter Weekend - NO CLASSES
 April 21 - Spring Tournament
 May 17-20 - Victoria Day Weekend
 June 24 - Switch to Summer Schedule

Counting to 10 in Japanese

One 一, ichi pronounced ee-chee
 Two 二, ni pronounced nee
 Three 三, san pronounced s(ah)n
 Four 四, shi (yon) pronounced shee
 Five 五, 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
 Nine 九, kyuu pronounced kyu
 Ten 十,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.
3. Make courtesy and patience guide words.
4. Fight not for selfish ends, but develop might for right.



519-577-7874



190 Mitchell Rd S, Listowel, ON



shihan@promarkarate.ca
Shihan Mark Yates

hello@promarkarate.ca
Sensei Tamara Yates



www.promarkarate.ca



Promar Karate

Little Dragons: Ages 3 & 4

Tuesday at 5:45pm
Wednesday at 5:45pm (age 4)

Kids Chanbara, Ages 3-12

Thursday at 5:15pm

Dragons: Ages 5 & 6

Monday at 5:45pm
Wednesday at 5:45pm

White Belt: Ages 7 to Adult

Monday at 6:30pm
Tuesday at 6:30pm
Wednesday at 6:45pm
Thursday at 6:00pm

Kids Chanbara, Ages 3-12

Thursday at 5:15pm

Yellow Stripe to Purple Belt

Pick the 1st Class:
Monday at 6:30pm
Tuesday at 6:30pm
Wednesday at 6:30pm
Thursday at 6:00pm (Yellow)

2nd Class:
Tuesday at 6:30pm
Wednesday at 6:30pm
Thursday at 5:15pm (Kids Chanbara)
Thursday at 6:45pm (Kata/Self Defense)
Thursday at 7:20pm (Sparring)

Orange Belt to Blue Stripe

Pick the 1st Class:
Monday at 7:20pm
Tuesday at 7:20pm
Wednesday at 6:30pm

2nd Class:
Tuesday at 7:20pm
Wednesday at 6:30pm
Thursday at 5:15pm (Kids Chanbara)
Thursday at 6:45pm (Kata/Self Defense)
Thursday at 7:20pm (Sparring)

Blue Belt to Black Belt

Pick the 1st Class:
Monday at 7:20pm
Tuesday at 7:20pm
Wednesday at 6:45pm

2nd Class:
Tuesday at 7:20pm
Wednesday at 6:30pm
Thursday at 5:15pm (Kids Chanbara)
Thursday at 6:45pm (Kata/Self Defense)
Thursday at 7:20pm (Sparring)

Principles of Black Belt

As a dedicated student of the martial arts,

I will live by the principles of Black Belt:

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



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