

Listowel Schedule



PROMAR CLASS SCHEDULE

Fall Schedule Begins Sept. 9th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Dragons (4-6) 5:45-6:15pm	Dragons (4-6) 5:45-6:15pm	Dragons (4-6) 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
Dragons - Ages 4 to 6 Open - All Belts		Novice - White Belt to Purple Belt Intermediate - Orange Belt to Blue Stripe Advanced - Blue Belt and UP Orientation Lesson - By Appointment	Sparring 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 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.



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