

Westminster Mile High Karate

5024 W. 92nd Ave.
303-426-0277

Jan. 10th 2005

Levels	A-DAYS		B-DAYS		A&B DAY
	Character Building & Forms(MC)		School safe, street safe & Combo's(MC)		High Energy
	Monday	Tuesday	Wednesday	Thursday	Saturday
Little Ninja's		4:15-4:45		4:15-4:45	9:15-9:45
Introductory(White Belts)	4:45-5:15	7:30-8:00	4:30-5:00	6:30-7:00	10:45-11:30
Basic Curriculum gold thru blue white tops	6:15-7:00	5:45-6:30	6:00-6:45	5:45-6:30	10:45-11:30
Master Club Level 1 (orange-blue belts)	5:15-6:00	6:30-7:15	5:00-5:45	7:00-7:45	9:45-10:30
Leadership Level 1	5:15-6:15	6:30-7:30	5:00-6:00	7:00-8:00	9:45-10:45
Master Club Level 2 (h.blue-l.brown belts)	7:00-7:45	4:45-5:30	6:45-7:30	4:45-5:30	11:30-12:15
Leadership Level 2	7:00-8:00	4:45-5:45	6:45-7:45	4:45-5:45	11:30-12:30
Master Club Level 3	4:00-4:45	8:00-8:45	4:00-4:45	7:45-8:30	11:30-12:15
Leadership Level 3.	4:00-5:00	8:00-9:00	4:00-5:00	7:45-8:45	11:30-12:30
Brown Belt Review	4:00-4:45				11:30-12:15
Leadership Class			7:45-8:30		
Demo Team-MC					12:30-2:30(t)

Students are expected to:

- Arrive 10-15 minutes prior to class.
- Attend two times per week.
- Place Shoes and jackets neatly in cubicles.
- Pull attendance card prior to class.
- Show respect for instructors and fellow students.
- Keep uniform clean and pressed.
- NO jewelry, for your safety as well as your jewelry.

- 8. Always wear long hair pulled back.
- 9. Attend all intramural tournaments.
- 10. Maintain a high level of consistency in class attendance.
- 11. Display Black Belt attitude and commitment.
- 12. Maintain high performance in school work.
- 13. Stretch daily 10-15 minutes.
- 14. Always show respect for Mom and Dad.

For our weekly newsletter, student bulletin and curriculum resources try our website:

www.milehighkarate.com

Basic Curriculum outline on back

Belt Promotion Requirements-all levels gold belt and above

16+ Classes Attended
Intent to Promote completed

Attendance on Mandatory test dates
Participation in Intramural Tournaments

6+ Red Attitude Stripes
Any other requirements outlined by instructor

READING REQUIREMENTS:

Orientation: White Belts

What to Say When you Talk
To Yourself~*Shad Helmstett* *et*

Gold Belt

The Psychology of Winning

MC/Leadership 1

Maximum Achievement~*Brian Tracy*

7 Habits of Highly Effective People
~*Stephen Covey*

MC/Leadership 2

Unlimited Power~*Tony Robbins*

Awaken The Giant Within~*Tony Robbins*

MC/Leadership 3

The West Point Way of Leadership
~*Col. Larry Donnithorn*

The Secret of Inner Strength
~*Chuck Norris*

The New Dynamics of Goal Setting
~*Dr. Denis Waitley*

All books available at our website

