



April 2016

WestWind Schedule • Midvale

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| Class | (A) MONDAY | (A) TUESDAY | (A) FRIDAY | (B) WEDNESDAY | (B) THURSDAY | (B) SATURDAY | Class |
|------------------|---------------|----------------|------------------------|------------------|-----------------|-----------------|------------------|
| INTRO | 3:30 / 5:15 | 7:15 / 8:30 | | 3:30 / 5:15 | 7:15 / 8:30 | 10:30 / 12:45 | INTRO |
| WHITE | 7:15 - 8:00 | 5:15 - 6:00 | 5:00-5:45 (Sandy) | 7:15 - 8:00 | 5:15 - 6:00 | 11:00 -11:45 | WHITE |
| EARLY SKILLS | 4:00 - 4:30 | 6:00 - 6:30 | | 4:00 - 4:30 | 6:00 - 6:30 | | EARLY SKILLS |
| BASIC SKILLS | 4:30 - 5:15 | 6:30- 7:15 | | 4:30 - 5:15 | 6:30 - 7:15 | | BASIC SKILLS |
| YELLOW ORANGE | 5:45 - 6:30 | 7:45 - 8:30 | 5:00-5:45 (Sandy) | 5:45 - 6:30 | 7:45 - 8:30 | 11:00 -11:45 | YELLOW ORANGE |
| PURPLE BLUE | 8:00 - 8:45 | 4:30 - 5:15 | 5:00-5:45 (Sandy) | 8:00 - 8:45 | 4:30 - 5:15 | 11:45 - 12:30 | PURPLE BLUE |
| GREEN thru BLACK | 6:30 - 7:15 | 8:30 - 9:15 | 5:00-5:45 (Sandy) | 6:30 - 7:15 | 8:30 - 9:15 | 11:45 - 12:30 | GREEN thru BLACK |
| BLACK | | 9:15-10:00 | | | | | BLACK |
| BBC SPARRING | | | 4:00 - 5:00 (Sandy) | | | | BBC SPARRING |
| S.T.O.R.M. TEAM | | | 5:45 - 6:15 (Sandy) | | | | S.T.O.R.M. TEAM |
| S.W.A.T. TEAM | | | 6:15 - 7:00 (Sandy) | | | | S.W.A.T. TEAM |

Students are expected to:

1. Arrive 10-15 minutes prior to scheduled classes.
2. Attend one "A" & "B" day per week.
3. Pull attendance card prior to each class.
4. Keep uniforms neat, clean & odor-free.
5. Quietly prepare for class (do not disturb class in session).
6. Always show respect to your instructors & fellow students.
7. Students & guests should always be well mannered & behave properly.
8. Attend classes on a consistent schedule.
9. Make arrangements with instructors for make up classes.
10. Show proper effort & spirit in the classroom.
11. Practice & exercise at home for better results.
12. Memorize & apply Student Creed.
13. Develop & maintain a positive, well disciplined attitude.

A Days- Teq/Katas • B Days- Reaction