



November 2019

WestWind Schedule • Midvale

7235 South 300 West

Midvale, UT 84070

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westwindkarate.com

Students are expected to:

WestWind Schedule • Midvale

Class	(A) MONDAY	(A) TUESDAY	(A) FRIDAY	(B) WEDNESDAY	(B) THURSDAY	(B) SATURDAY	Class
INTRO	7:00	3:45/ 5:30/ 8:00		7:00	3:45/ 5:30/ 8:00	10:30 / 12:45	INTRO
WHITE	5:45 - 6:30	7:00 - 7:45	5:00-5:45 (Sandy)	5:45 - 6:30	7:00 - 7:45	11:00 -11:45	WHITE
YELLOW ORANGE	6:30 - 7:15	7:45 - 8:30	5:00-5:45 (Sandy)	6:30 - 7:15	7:45 - 8:30	11:00 -11:45	YELLOW ORANGE
PURPLE BLUE	8:00 - 8:45	4:15 - 5:00	5:00-5:45 (Sandy)	8:00 - 8:45	4:15 - 5:00	11:00 -11:45	PURPLE BLUE
GREEN thru BLACK	7:15 - 8:00	8:30 - 9:15	5:00-5:45 (Sandy)	7:15 - 8:00	8:30 - 9:15	11:00 -11:45	GREEN thru BLACK
BLACK		9:15-10:00			8:00 - 8:45 (Sandy)		BLACK
EARLY SKILLS <i>ALL RANKS</i>	5:15 - 5:45	5:45 - 6:15		5:15 - 5:45	5:45 - 6:15		EARLY SKILLS <i>ALL RANKS</i>
BASIC SKILLS <i>ALL RANKS</i>	4:30 - 5:15	6:15- 7:00		4:30 - 5:15	6:15- 7:00		BASIC SKILLS <i>ALL RANKS</i>
EARLY SKILLS <i>Intermediate - Advanced PURPLE - RED</i>	4:00 - 4:30			4:00 - 4:30			EARLY SKILLS <i>Intermediate - Advanced PURPLE - RED</i>
BASIC SKILLS <i>Intermediate - Advanced PURPLE - RED</i>		5:00 - 5:45			5:00 - 5:45		BASIC SKILLS <i>Intermediate - Advanced PURPLE - RED</i>
BBC SPARRING			4:00 - 5:00 (Sandy) open mat			11:45 -12:30 Class	BBC SPARRING
S.W.A.T. S.T.O.R.M.						Inquire within	S.W.A.T. S.T.O.R.M.

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.