



# KEMPO RYU INTERNATIONAL KARATE ORGANISATION - HEADQUARTERS

*True Japanese (Samurai Spirit) Dojo*



## **KARATE KICKBOXING GRAPPLING**

TIMETABLE SO-HOMBU DOJO, Blacktown NSW Australia

MONDAY	WEDNESDAY	FRIDAY	SATURDAY
<b>Kickboxing - Bag work / Sparring Combinations</b> 10.00 am - 10.45am	<b>Kickboxing - Bag work / Sparring Combinations</b> 10.00 am - 10.45am	<b>Kickboxing - Bag work / Sparring Combinations</b> 10.00 am - 10.45am	<b>Kickboxing - Sparring</b> 9.00 am - 10.00am
<b>Karate (Adults)</b> 11.30am - 12.15pm	<b>Karate (Adults)</b> 11.30am - 12.15pm	<b>Karate (Adults)</b> 11.30am - 12.15pm	<b>Karate (6 - 11 years old)</b> 11.00am - 12.00pm
<b>Karate (3 - 5 years old)</b> 4.30pm - 5.15pm	<b>Karate (3 - 5 years old)</b> 4.30pm - 5.15pm		<b>Grappling (12 years +)</b> 12.00pm - 1.00pm
<b>Karate (6 - 11 years old)</b> 5.30pm - 6.30pm	<b>Karate (6 - 11 years old)</b> 5.30pm - 6.30pm		<b>Grappling (Black Belts only)</b> 1.00pm - 3.00pm
<b>Karate (12 - 15 years old)</b> 6.30pm - 8.00pm	<b>Karate (12 - 15 years old)</b> 6.30pm - 8.00pm	<b>Karate (12 - 15 years old)</b> 6.30pm - 8.00pm	
<b>Karate (16 years + Adults)</b> 6.30pm - 8.00pm	<b>Karate (16 years + Adults)</b> 6.30pm - 8.00pm	<b>Karate (16 years + Adults)</b> 6.30pm - 8.00pm	
	<b>Kickboxing - Bag work / Fitness &amp; Conditioning</b> 7.30 pm - 8.30pm	<b>Kickboxing - Bag work / Sparring Combinations</b> 7.30 pm - 8.30pm	