KARATE

A great program that teaches respect, focus and confidence while having fun!

Class Description	Class Code	Belt Levels	Age Groups
Kinder Karate	KK	No / White / Gold	Kinder Karate Ages 4- 5
Beginner	BEG	No / White / Gold	Youth Ages 17 & Under
Intermediate	INT	Green / Purple / Blue	Adult Ages 18+
Advance	ADV	Red / Brown	Mixed Ages 6+
Black Belt	BB	Black Belt Only	

CLASS SCHEDULES

All classes are mixed age groups except the Kinder Karate class on Saturday between 1:30 to 2:00 pm. Upper belts can attend and/or assist in lower belt classes, to receive added teaching credits. Attendance can only be credited during their scheduled classes.

TUESDAY
6:30 to 7:30 pm BEG / Mixed
7:15 to 8:00 pm INT / Mixed
8:00 to 8:45 pm ADV / Mixed
8:45 to 9:30 pm BB / Mixed

THURSDAY
6:30 to 7:30 pm BEG / Mixed
7:15 to 8:00 pm INT / Mixed
8:00 to 8:45 pm ADV / Mixed
8:45 to 9:30 pm BB / Mixed

SATURDAY
1:30 to 2:00 pm KK (4 to 5)
2:00 to 2:45 pm BEG / Mixed
2:45 to 3:30 pm INT / Mixed
3:30 to 4:15 pm ADV / Mixed
4:15 to 5:00 pm BB Only

Members Only Monthly Fee: Kinder Karate (4) Classes at $30, and Regular Karate (12) classes at $75

Master Instructor
Mr. Marlowe Dixon 5th Dan

3rd Dan Head Instructors
Mr. John Williams
Ms. Barbara Kurlan

2nd Dan Instructors
Mr. Bryan Lu

1st Dan Assistants
Ms. Alisha Basra
Mr. Hemang Vasu

SIGN UP TODAY FOR YOUR FREE TRIAL CLASSES!
Call Mr. Marlowe Dixon at (703) 929-1432
Visit us online at: www.akacademy.cmasdirect.com
Or Email us at: akacademy@verizon.net

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