

Success Martial Arts



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	A Day	A Day	B Day	B Day		High Energy Day
Orientation Class	4:30-5:00		4:30-5:00			9:00-9:30
Basic (White and Gold Belt)	6:00-6:45	5:45-6:30	5:00-5:45	4:45-5:30		9:30-10:15
Basic Level 1	5:00-5:45	6:30-7:15	5:45-6:30	5:30-6:15		10:15-11:00
Success Club Level 1	5:00-6:00	6:30-7:30	5:45-6:45			
Success Club Level 2	5:00-6:00	6:30-7:30	6:45-7:45	6:45-7:30		10:15-11:00
Success Club Level 3	6:45-7:45	4:45-5:45	6:45-7:45	6:45-7:30		10:15-11:00
Brown Belt Review						10:15-11:30
Black Belt	6:45-8:00		6:45-8:00			10:15-11:30
Success Club Advanced Class				6:15-6:45		
S.W.A.T				6:15-6:45		

- *Arrive 10-15 minutes early
- *Quietly prepare for your class
- *Pull attendance card prior to class
- *Keep your uniform clean and pressed
- *Practice good hygiene: bathe before class
- *NO jewelry, for your safety and the safety of your jewelry
- *Always wear long hair pulled back
- *Learn to tie your belt properly
- *Show Respect to instructors and fellow students
- *Introduce yourself to fellow students and make them feel welcome
- *Small children should be supervised and not allowed to climb, run, or play loudly
- *No gum or candy on the floor

Success Club Students

Belt Promotion Requirements:

- *16 Classes Attended (2 per week)
- *Intent To Promote Complete
- *Karate Homework Complete
- *Exercise Program Complete
- *Attend Mandatory Test Dates
- *Attend All Intramural Tournaments
- *Level II, III, and Black Belts must attend Sparring Class

S.W.A.T Team

Team Requirements:

- *Success Club Member
- *Level II and above
- *A or A-B Honor Roll
- *Basic Skills & knowledge of curriculum to advance (must be A+ level)
- *S.W.A.T. training class availability
- *S.W.A.T. 1 class per week

Reading Requirements

Level 1

- What to Say When You Talk to Yourself
- Psychology of Winning

Level 2

- 7 Habits of Highly Effective Teens/ People
- 17 Indisputable Laws of Teamwork

Level 3

- West Point Way of Leadership
- 21 Irrefutable Laws of Leadership

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