

SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FIGHT NIGHT FRIDAY
3:30 PM	Freshmen	Freshmen	Freshmen	Freshmen	Freshmen Flag Sparring
4:00 PM	Juniors' Novice	Juniors' Novice Form	Juniors' Novice	Juniors' Novice Form	Juniors' Boxing
4:45 PM	Juniors' Intermediate	Juniors' Intermediate Form	Juniors' Intermediate	Juniors' Intermediate Form	Juniors' Kickboxing
5:30 PM	Freshmen	Freshmen	Freshmen	Freshmen	Leadership
6:00 PM	Juniors' Novice	Juniors' Novice Form	Juniors' Novice	Juniors' Novice Form	Juniors' Sport Karate
6:45 PM	Senior Ladies	Family Kickboxing	Senior Ladies	Family Kickboxing	Senior Ladies Fight Night Friday
7:30 PM	Seniors	Seniors Form	Seniors	Seniors Form	Seniors Fight Night Friday

PROGRAMS

Karate	4 -18 year olds
Family Kickboxing	6 year olds & up
Leadership	7 year olds & up

CLASSES

Our Youth Karate classes are divided into the following age and skill level groups:

AGE GROUP:


Freshman	4 - 6 year olds
Juniors	6 - 12 year olds
Seniors	12 - 18 year olds
Senior Ladies	12 - 18 year olds

SKILL LEVEL:

Novice	White , Yellow, & Orange Belts
Intermediate	Purple, Green, & Blue Belts
Advance	Red, Brown, & Black Belts

Masks are required for all classes.

 Scholars Academy, 3840 Balfour Rd. Suite D, Brentwood CA

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PROGRAMS



- **Students MUST wear Scholars attire and gear to participate in class. NO outside attire or gear is allowed.**
- **T & TH Classes: Students must wear their full uniform (Gi, pants, shirt, & belt).**
- **MWF Classes: Students must wear their belt, shirt, and pants or shorts.**

AGE	PROGRAM	TIMES	DAYS
4-6 year olds	FRESHMAN	3:30 pm	M - F
		5:30 pm	
6 - 12 year olds	JUNIORS' NOVICE	4:00 pm	T - F
		6:00 pm	M - F
6 year olds & up	JUNIORS' INTERMEDIATE	4:45 pm	M - F
		6:45 pm	T & TH
12 - 18 year olds	SENIORS FORM	7:30 pm	T & TH
	SENIORS LADIES	6:45 pm	MWF
	SENIORS	7:30 pm	MWF
7 year olds & up	LEADERSHIP	4:00 pm	F

JUNIORS & SENIORS KARATE

COBRA KAI

M & W Self Defense Classes

Our youth karate program is broken down into 4 different age and ability level classes to maximize learning. Students will learn kickboxing, basic Jiu Jutsi for self-defense, and sport karate for competition point fighting. They will also learn our scholarly rules of engagement to help them deal with bullying, as they advance to black belt through our 9 stage belt system.



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T & TH Form Classes


Forms are an essential part of what we do at Scholars Academy and the sport of martial arts in general. Our Scholar Form is a karate Kata called Chatan Yara Kusanku. It is a champions worthy kata demonstrated by world champion Rika Usami. Student members will learn the basics of the form and try to master new skills through the form. This class will help students improve their coordination, balance, confidence and focus.



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