

January 2012



We Are A Black Belt School



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Basic Training

	Mon.	Tue.	Wed.	Thurs.
B-Day=Need Gear (Bag Gloves)	B-Day	B-Day	B-Day	B-Day
Little Dragons Training (4-6) (30 min)	4:15 pm	5:45 pm	4:15 pm	5:45 pm
Kids Basic Training (7-12) (30 min)	4:45 pm	6:15 pm	4:45 pm	6:15 pm

Black Belt Club & Masters Club Training

	Mon.	Tue.	Wed.	Thurs.
A-Day=No Gear B-Day=Need Gear	A-Day	A-Day	B-Day	B-Day
Kids Basic Black Belt Training (7-12) (45 min)	5:15 pm	6:45 pm	5:15 pm	6:45 pm
Kids Intermediate Training (7-12) (45 min)	6:00 pm	5:00 pm	6:00 pm	5:00 pm
Kids Advance Training (7-12) (45 min)	6:45 pm	4:15 pm	6:45 pm	4:15 pm
All Black Belts Training (45 min)				7:30 pm
Teen & Adults Cardio Self Defense (13+) (60min)	7:30 pm	7:30 pm	7:30 pm	

FRIDAY= MASTERS CLUB

Grappling & Demonstration Team & XMA

Kids Masters Club Grappling Training (45 min)	4:45 pm
Kids Beginner Masters Club Demonstration Team (45 min)	5:30 pm
Inter / Adv. Masters Club Demonstration Team (45 min)	6:15 pm
XMA / "Forms" (60 min)	7:30 pm

Saturdays Competition Team

Traditional Form (45 min)	9:00 am
Sparring (60 min)	9:45 am

"Where Families Grow Strong Together"

10710 – Gateway Blvd. North #B4

El Paso, Texas 79924

(915) 822-8818

Web Site: epkarate.com

Where Kids Make The

Goals Respect Attitude Discipline Esteem