



# Adult and Children's Program

Effective 2/1/09

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All Adults 2:00 - 2:45		All Adults 2:00 - 2:45		
Adult 2:00-2:45	Kids Int/Adv 5:00 - 5:45		Kids Int/Adv Forms 5:00 - 5:45	Adult 2:00 - 2:45	
Children Orange-Red 6:00 - 6:45	Dans 6:00 - 6:45	Children Orange-Red 6:00 - 6:45	Adult Forms 6:00 - 6:45	Open Karate 6:00 - 6:45	
Adult Only White-Orange Belt 7:00 - 7:45		Adult White- Orange Belt 7:00 - 7:45			
Adult Only Green-Blue Belt 7:30 - 8:15		Adult Green- Blue Belt 7:30 - 8:15			
		Adult BJJ White Belt 8:15 - 9:00			

## FutureKidz Program

Monday	Tuesday	Wednesday	Thursday	Friday
FutureKidz PreK 4:00 - 4:30				
FutureKidz I 5:00 - 5:30	FutureKidz I 4:00-4:30	FutureKidz I 5:00 - 5:30	FutureKidz II 4:00 - 4:30	FutureKidz I 5:00 - 5:30
FutureKidz II 5:30 - 6:00		FutureKidz II 5:30 - 6:00		FutureKidz II 5:30 - 6:00

**Inclement Weather: Willman Karate Club will be closed when Hamilton Township Schools are closed due to bad weather.**

### Student Creeds

#### FutureKidz

1. Who are we? Future Black Belt Leaders
2. What's our Quest? To be our best!
3. What's our goal? Black Belt Excellence! Aiahhh!

#### Children and Adults

1. I develop myself for success mentally, physically, and spiritually by avoiding negative habits and attitudes.
2. I develop self-discipline in order to bring out the best in myself and in others.
3. I use my martial arts constructively and defensively and only use my might for right.

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