

# THE DOJO

## Teen and Adult Schedule

### Summer 2017, Effective June 26

MONDAY :	9:15-10:15	Kickboxing (Tiger Dojo)
	6:00-6:30	Forms (Tiger Dojo)
	6:30-7:30	A.C.T. (Leopard Dojo)
	6:30-7:30	Teen and Adult Kempo (Tiger Dojo)
TUESDAY:	8:15-9:15	Tai Chi: Short Form (Leopard Dojo)
	9:15-10:15	Teen and Adult Kempo (Tiger Dojo)
	9:15-10:15	A.C.T. (Leopard Dojo)
	6:00-6:45	Black Belts (Tiger Dojo)
	6:45-7:15	Weapons (Tiger Dojo)
	7:15-8:15	Kickboxing (Tiger Dojo)
WEDNESDAY:	8:15-9:15	Budokan Yoga (Tiger Dojo)
	9:15-10:15	Kickboxing (Tiger Dojo)
	7:00-8:00	Teen and Adult Kempo (Tiger Dojo)
	7:00-8:15	Tai Chi (Leopard Dojo)
THURSDAY:	9:15-10:15	Teen and Adult Kempo (Tiger Dojo)
	9:15-10:30	A.C.T. (Leopard Dojo)
	10:30-11:30	Tai Chi (Tiger Dojo)
	6:15-7:15	Budokon Yoga (Tiger Dojo)
	7:15-8:15	Kickboxing (Tiger Dojo)
FRIDAY:	9:15-10:15	Kickboxing (Tiger Dojo)
	6:00-6:30	OPEN PRACTICE (Leopard Dojo)
	6:00-6:30	Weapons (Tiger Dojo)
	6:30-7:30	Teen and Adult Kempo (Tiger Dojo)
	7:30-8:00	Sparring/ Grappling (Tiger Dojo)
SATURDAY:	8:00-9:00	Kempo Forms (Tiger Dojo)
	9:00-10:00	Kickboxing (Tiger Dojo)
	10:00-10:30	Kickboxing Forms (Tiger Dojo)
	10:30-11:15	Sparring/Grappling (Leopard Dojo)
	11:15-12:00	OPEN PRACTICE (Leopard Dojo)
	12:00-1:00	Teen and Adult Kempo All Ranks (Tiger Dojo)

# THE DOJO

a Tokyo Joe's Studio

Salisbury, Mass.

978-499-8800

[www.tokyojoesma.com](http://www.tokyojoesma.com)

We ask that all students arrive at least 5 minutes before class starts, and be ready to go, with their cards, when the gong rings.

Students are expected to be in uniform.

## Spring Promotions:

June 23 (Kempo) and 24 (Kickboxing)

July 28 (Kempo) and 29 (Kickboxing)

August 25 (Kempo) and 26 (Kickboxing)

## Promotion Schedule:

Friday Evenings

6:00 – 8:00: Teen and Adult Kempo

Saturdays:

8:00-10:00 Kickboxing

10:00-11:00 Panthers and Dragons

11:00-12:00 Juniors (Students Only)

12:00-1:00 Juniors (Ceremony with Family)

Questions about promotions?

Check out the Student Guide at [www.tokyojoesma.com](http://www.tokyojoesma.com).