



**KUMIAI-RYU MARTIAL ARTS SYSTEM *FORBES* DOJO CLASS TIME TABLE**  
**FORBES YOUTH & COMMUNITY CENTER, PRESS ST, FORBES**  
**FOR INFORMATION CONTACT DAVID ON 0428 626 050**



DAY	TIME	CLASS OVERVIEW	LOCATION
<b>MONDAY WEEK 1</b>	<b>5.45 PM to 6.30 PM</b>	<b><i>LITTLE NINJAS™ - CHILDREN'S KARATE BASED MARTIAL ARTS CLASS</i></b> <b><i>5 Year Olds to 11 Year Olds</i></b> Conducted in a Fun professionally structured way enabling Children to become positive and confident. Helps to increase concentration and coordination whilst learning safe, realistic self-defence skills.	<b>MIDDLETON PUBLIC SCHOOL MEDLYN ST</b>
<b>MONDAY WEEK 1</b>	<b>6.40PM to 7.20 PM</b>	<b><i>MUAY THAI - Kickboxing - Fitness Class ALL members over 11 yrs old</i></b> Authentic Muay Thai classes as taught in Thailand. BAG WORK/ DRILLS, SPARRING & GRAPPLING	<b><i>As Above</i></b>
<b>MONDAY WEEK 1</b>	<b>7.20 PM to 8 PM</b>	<b><i>WEAPONS CLASS – STICK (BO)/KNIFE/SHORT STICK (ARNIS)/BOKKEN</i></b>	<b><i>As Above</i></b>
<b>WEDNESDAY WEEK 1</b>	<b>5.45 PM to 6.30 PM</b>	<b><i>LITTLE NINJAS™ - CHILDREN'S KARATE BASED MARTIAL ARTS CLASS</i></b> <b><i>5 Year Olds to 11 Year Olds</i></b>	<b><i>As Above</i></b>
<b>WEDNESDAY WEEK 1</b>	<b>6.40PM to 7.20 PM</b>	<b><i>KARATE BASED MARTIAL ARTS CLASS for 12 years old and Over</i></b> The best of Old Style Okinawan Karate, Kyusho Jitsu, ju-jitsu, Kali, Penchak Silat Western Boxing, Muay Thai - Kickboxing & Basics. BAG WORK/DRILLS/KATA	<b><i>As Above</i></b>
<b>WEDNESDAY WEEK 1</b>	<b>7.20 PM to 8 PM</b>	<b><i>FIGHT CLUB - for those who wish to prepare for Combat</i></b> <b><i>(Padwork for those without sparring gear)</i></b>	<b><i>As Above</i></b>
<b>MONDAY WEEK 2</b>	<b>5.45 PM to 6.30 PM</b>	<b><i>LITTLE NINJAS™ - CHILDREN'S KARATE BASED MARTIAL ARTS CLASS</i></b> <b><i>5 Year Olds to 11 Year Olds</i></b>	<b><i>As Above</i></b>
<b>MONDAY WEEK 2</b>	<b>6.40PM to 7.20 PM</b>	<b><i>KRMAS FITNESS SESSION</i></b> Includes circuit, Fitkick, sprints & padwork	<b><i>As Above</i></b>
<b>MONDAY WEEK 2</b>	<b>7.20 PM to 8 PM</b>	<b><i>KRMMA MIXED MARTIAL ARTS</i></b> Stand up, Grappling and ground fighting for competition and street	<b><i>As Above</i></b>
<b>WEDNESDAY WEEK 2</b>	<b>5.45 PM to 6.30 PM</b>	<b><i>LITTLE NINJAS™ - CHILDREN'S KARATE BASED MARTIAL ARTS CLASS</i></b> <b><i>5 Year Olds to 11 Year Olds</i></b>	<b><i>As Above</i></b>
<b>WEDNESDAY WEEK 2</b>	<b>6.40PM to 7.20 PM</b>	<b><i>KARATE BASED MARTIAL ARTS CLASS for 12 years old and Over</i></b> The best of Old Style Okinawan Karate, Kyusho Jitsu, ju-jitsu, Kali, Penchak Silat Western Boxing, Muay Thai - Kickboxing & Basics. BAG WORK/DRILLS/KATA	<b><i>As Above</i></b>
<b>WEDNESDAY WEEK 2</b>	<b>7.20 PM to 8 PM</b>	<b><i>FIGHT CLUB - for those who wish to prepare for Combat</i></b> <b><i>(Padwork for those without sparring gear)</i></b>	<b><i>As Above</i></b>



**KUMIAI-RYU MARTIAL ARTS SYSTEM PARKES DOJO CLASS TIME TABLE 2009**  
**MIDDLETON PUBLIC SCHOOL, MEDLYN ST, PARKES**  
**FOR INFORMATION CONTACT DAVID ON 0428 626 050**



DAY	TIME	CLASS OVERVIEW	LOCATION
MONDAY WEEK 3	5.45 PM to 6.30 PM	<b><i>LITTLE NINJAS™ - CHILDREN'S KARATE BASED MARTIAL ARTS CLASS</i></b> <b><i>5 Year Olds to 11 Year Olds</i></b> Conducted in a Fun professionally structured way enabling Children to become positive and confident. Helps to increase concentration and coordination whilst learning safe, realistic self-defence skills.	MIDDLETON PUBLIC SCHOOL MEDLYN ST
MONDAY WEEK 3	6.40PM to 7.20 PM	<b><i>KARATE BASED MARTIAL ARTS CLASS for 12 years old and Over</i></b> The best of Old Style Okinawan Karate, Kyusho Jitsu, ju-jitsu, Kali, Penchak Silat Western Boxing, Muay Thai - Kickboxing & Basics. BAG WORK/DRILLS/KATA	As Above
MONDAY WEEK 3	7.20 PM to 8 PM	<b><i>FIGHT CLUB - for those who wish to prepare for Combat</i></b> <b><i>(Padwork for those without sparring gear)</i></b>	As Above
WEDNESDAY WEEK 3	5.45 PM to 6.30 PM	<b><i>LITTLE NINJAS™ - CHILDREN'S KARATE BASED MARTIAL ARTS CLASS</i></b> <b><i>5 Year Olds to 11 Year Olds</i></b>	As Above
WEDNESDAY WEEK 3	6.40PM to 7.20 PM	<b><i>MUAY THAI - Kickboxing - Fitness Class ALL members over 11 yrs old</i></b> Authentic Muay Thai classes as taught in Thailand. BAG WORK/ DRILLS, SPARRING & GRAPPLING	As Above
WEDNESDAY WEEK 3	7.20 PM to 8 PM	<b><i>WEAPONS CLASS – STICK (BO)/KNIFE/SHORT STICK (ARNIS)/BOKKEN</i></b>	As Above
MONDAY WEEK 4	5.45 PM to 6.30 PM	<b><i>LITTLE NINJAS™ - CHILDREN'S KARATE BASED MARTIAL ARTS CLASS</i></b> <b><i>5 Year Olds to 11 Year Olds</i></b>	As Above
MONDAY WEEK 4	6.40PM to 7.20 PM	<b><i>KARATE BASED MARTIAL ARTS CLASS for 12 years old and Over</i></b> The best of Old Style Okinawan Karate, Kyusho Jitsu, ju-jitsu, Kali, Penchak Silat Western Boxing, Muay Thai - Kickboxing & Basics. BAG WORK/DRILLS/KATA	As Above
MONDAY WEEK 4	7.20 PM to 8 PM	<b><i>FIGHT CLUB - for those who wish to prepare for Combat</i></b> <b><i>(Padwork for those without sparring gear)</i></b>	As Above
WEDNESDAY WEEK 4	5.45 PM to 6.30 PM	<b><i>LITTLE NINJAS™ - CHILDREN'S KARATE BASED MARTIAL ARTS CLASS</i></b> <b><i>5 Year Olds to 11 Year Olds</i></b>	As Above
WEDNESDAY WEEK 4	6.40PM to 7.20 PM	<b><i>KRMAS FITNESS SESSION</i></b> Includes circuit, Fitkick, sprints & padwork	As Above
WEDNESDAY WEEK 4	7.20 PM to 8 PM	<b><i>KRMMA MIXED MARTIAL ARTS</i></b> Stand up, Grappling and ground fighting for competition and street	As Above

**KUMIAI-RYU MARTIAL ARTS SYSTEM IS A REGISTERED 'MARTIAL ARTS PROFESSIONAL SCHOOL'**  
**ALL KUMIAI-RYU INSTRUCTORS ARE FULLY GOVERNMENT NMAS ACCREDITED THROUGH THE AKWF & MAIA Assoc**