



January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Star Night Class	3 Star Night Class	4 Class	5 Class	6	7
8	9 Class	10 Class	11 Class	12 Class	13 Tournament	14 Tournament
15	16 Class	17 Class	18 Class	19 Class	20	21
22 Testing	23 Class	24 Class	25 Class	26 Class	27	28
29	30 Class	31 Class	1 Class	2 Class	3	4

(Subject to change)

Important Notes

2nd & 3rd – Star Night is an opportunity to reward and recognize Karate Kids and Tiny Tigers for demonstrating good behavior. Parents are encouraged to fill out a STAR CARD when you see examples of monthly values, good deeds and good or improved school work in their children.

13th & 14th – **Sheldon (Iowa) Regional Tournament**

22nd – Blue Belt and Higher Testing 3:00 – Fit test to follow testing

Birthdays – 5th – Corey W. 11th – Abby B. 19th – Danni A. 21st – Master P.

ATA Anniversary - 1 year – Mike P. & Debra P. 9 yrs – John O.

December / January

Value – Goal Setting in martial arts (S.M.A.R.T. goal setting)

Attribute of Technique - Stances

Tournaments / Events -

February 24 & 25 – Region 114 Winter Black Belt Camp

March 10 – Grand Island (Nebraska) Regional Tournament

April 13 & 14 – Omaha (Nebraska) Regional Tournament

April 21 & 22 – Woodbury (MN) Regional Tournament

Philips ATA Black Belt Academy * 227 ½ Main Street * Ames, IA 50010 * 515-290-9075

www.AmesATA.com

Class Times

Class	Monday	Tuesday	Wednesday	Thursday
Beginner Core - Kids	5:30 - 6:00		5:30 – 6:00	
Beginner Core - Adults	6:00 - 6:30		6:00 - 6:30	
Intermediate Core - Kids	7:00-7:30		7:00-7:30	
Intermediate Core - Adults	6:00-6:30		6:00-6:30	
Intermediate Boards	6:30-7:00			
Intermediate Sparring			6:30-7:00	
Intermediate Weapons			7:30-8:00	
Black Belt (rec) Core	7:00-7:30		7:00-7:30	
Black Belt (1) Core Kids		5:30 - 6:00		5:30 - 6:00
Black Belt (1) Core Adults		6:30-7:00		6:30-7:00
Black Belt (2,3) Core		7:30-8:00		7:30-8:00
Black Belt Sparring				6:00-6:30
Black Belt Weapons		7:00-7:30		
Black Belt Boards		6:00-6:30		
Testing			After Your Class	After Your Class
Leadership Training				7:00-7:30

Testing – Beginner through Purple belts may test after they have earned their black stripe, (See Accomplishment stripes) have permission from Master Philips and their parents (kids only 😊). Testing is every Wednesday or Thursday nights after your core class, you must register for testing by the Monday before you test. Blue belts and higher will have an opportunity to test or midterm monthly and at regional events.

Safety Gear – Intermediate and Advanced classes: Safety gear is required for every sparring class, (Hand and foot pads, mouth piece and cup and supporter (males) will be mandatory, head gear, chest guards and face shields will be optional in class).

Accomplishment Stripes – Colored belt students receive Accomplishment Stripes for attending classes. Class attendance will be tracked on the attendance cards.

Beginners: **Red** = 4 classes **White** = 8 classes **Blue** = 12 classes **Black** = 16 classes

Intermediate: **Red** = 8 classes **White** = 16 classes **Blue** = 24 classes **Black** = 32 classes