



Robinson's Karate Schools
Karate and Kickboxing Schedule - Aurora
 (Effective May 28th, 2007)



Junior Class Times (Ages 5 to 12)

Please see reverse for more details	"A" Monday	"A" Tuesday	"B" Wednesday	"B" Thursday	"A" Friday	"B" Saturday
White Belt	5:15 p.m.	6:30 p.m.	5:15 p.m.	6:30 p.m.	5:00 p.m.	10:45 a.m.
Yellow Belt	5:15 p.m.	6:30 p.m.	5:15 p.m.	6:30 p.m.	5:00 p.m.	10:45 a.m.
Orange Belt	4:30 p.m.	5:45 p.m.	4:30 p.m.	5:45 p.m.	4:15 p.m.	10:00 a.m.
Green Belt	4:30 p.m.	5:45 p.m.	4:30 p.m.	5:45 p.m.	4:15 p.m.	10:00 a.m.
Purple Belt	6:00 p.m.	5:00 p.m.	6:00 p.m.	5:00 p.m.	4:15 p.m.	10:00 a.m.
Blue Belt	6:00 p.m.	5:00 p.m.	6:00 p.m.	5:00 p.m.	5:45 p.m.	10:00 a.m.
Brown Belt	6:45 p.m.	4:15 p.m.	6:45 p.m.	4:15 p.m.	5:45 p.m.	11:30 a.m.
Brown II Belt	6:45 p.m.	4:15 p.m.	6:45 p.m.	4:15 p.m.	5:45 p.m.	11:30 a.m.
Red/Black Stripe Belt	6:45 p.m.	4:15 p.m.	6:45 p.m.	4:15 p.m.	5:45 p.m.	11:30 a.m.
Black Belt	6:45 p.m.	4:15 p.m.	6:45 p.m.	4:15 p.m.	5:45 p.m.	11:30 a.m.

Open Help Classes

Juniors: All Belts (30 minute class, no warm-up)

Adults: All Belts Happy Hour (1 hour class, no warm-up)

Wednesdays at 4:00 p.m.

Wednesdays at 8:00 p.m.

Black Belt Club Class Times (Junior and Adult)

Black Belt Club: Regular Classes

First week in every month on the "A" days (Mon., Tues., Fri.) during your regular class time

Weapons Classes: Yellow Belt, Orange Belt, Green Belt, Purple Belt

Wednesdays at 7:30 p.m.
 Nunchaku: Jan, Mar, May July, Sep, Nov Bo: Feb, Apr, Jun, Aug, Oct, Dec

Weapons Classes: Blue Belt, Brown Belt, Brown II Belt, Red/Black Stripe Belt, Black Belt

Wednesdays at 7:30 p.m.
 Nunchaku: Jan, Mar, May July, Sep, Nov Bo: Feb, Apr, Jun, Aug, Oct, Dec

Adult Class Times (Ages 13 years and up)

Please see reverse for more details	"A" Monday	"A" Tuesday	"B" Wednesday	"B" Thursday	"A" Friday	"B" Saturday
Belts: White, Yellow, Orange, Green, Purple	7:30 p.m.	7:15 p.m.	8:00 p.m. Happy Hour Open Help Class	7:15 p.m.	6:30 p.m.	11:30 a.m.
Belts: Blue, Brown, Brown II, Red/Black Stripe, Black	7:30 p.m.	7:15 p.m.	8:00 p.m. Happy Hour Open Help Class	7:15 p.m.	6:30 p.m.	11:30 a.m.

Important Information

Juniors - Students 5 years old to 12 years old
Adults - Students 13 years old and up

All students are required to attend one "A" class and one "B" class each week

Sparring equipment is required on all "B" days for the following students:
Adults and children 13 years and up at Yellow Belt or all students at Orange Belt

Kama week is the second week of every month on "A" days for all students Purple Belt and higher

Exam Night:

Exam night is the last Thursday of every month from 6:00 p.m. to 7:00 p.m.
All students participating in the exam must arrive at the school by 5:30 p.m. for preparation.
There are **NO** regular classes or help classes on exam nights.

Buddy Day (All Belts)

Buddy Day is the last Thursday of every month at 7:00 p.m. (immediately following the exam)
30 minutes in length. Please pick up your Buddy Day Pass at the Pro Shop

Other great programs offered at Robinson's Karate Schools:

🌀 **Ninja Tots (ages 3 - 5)**

🌀 **Royler Gracie - David Adiv Jiu-Jitsu (RGDA)**

Ask about our AMAZING BIRTHDAY PARTIES!!!

Robinson's Karate Schools

Family of Schools

www.teamRKS.com

Main School and Headquarters - Newmarket

130 Davis Dr., Unit 25, Box 84, Newmarket, Ontario L3Y 2N1
Phone: (905) 830-1245 Fax: (905) 830-1246

Aurora Location

15483 Yonge St., Unit 3, Aurora, Ontario L4G 1P3
Phone: (905) 713-1774 Fax: (905) 713-0278

Bolton Location

12612 Hwy 50, Unit 11B, Bolton, Ontario L7E 1T6
Phone: (905) 857-7009 Fax: (905) 857-0686

Lewis' Karate Schools - Barrie

417 Huronia Rd., Unit B, Barrie, Ontario L4N 9B3
Phone: (705) 733-8994 Fax: (705) 733-9485





Junior Day Classes

Monday:

9:00 a.m. - 9:45 a.m.

White, Yellow, Orange, Green and
Purple Belts

9:45 a.m. - 10:30 a.m.

Blue, Brown, Brown II, Red and
Black Belts

Wednesday:

9:00 a.m. - 9:45 a.m.

White, Yellow, Orange, Green and
Purple Belts

9:45 a.m. - 10:30 a.m.

Blue, Brown, Brown II, Red and
Black Belts

**Day classes
available from
July 7 - August 29, 2008**

Classes are held at our
Newmarket location.



Robinson's Karate Schools



Robinson's Karate Schools - Aurora

Royler Gracie - David Adiv Jiu-Jitsu



Effective May 26, 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 - 9:15 p.m. Mixed Martial Arts	8:00 - 9:00 p.m. Fundamentals and Technique		8:00 - 9:00 p.m. Sparring	7:15 - 8:15 p.m. Mixed Martial Arts	

All classes are taught by a certified Royler Gracie - David Adiv instructor.

All students are required to be in proper uniform.

All students should arrive ten minutes prior to class.

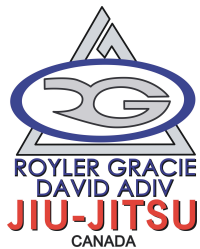
There will **not** be any RGDA classes on the last Thursday of every month which is exam night for karate students.

Please see the reverse side for class descriptions

**Robinson's
Karate Schools**



**#1 Canadian
Black Belt School**



CLASS DESCRIPTION



Fundamentals Class

Students are provided with the knowledge they need to defend themselves in a real life threatening situation. Our curriculum includes 120 techniques that could literally save your life during a confrontation. In this class you will learn how to deal with the most common street attacks without relying on strength, speed or coordination. Grand Master Helio Gracie has perfected the techniques and unique teaching method used in Gracie Jiu-Jitsu over a span of 70 years. The result is a self-defense system that has been proven to work for everyone.

Sparring Class

Learning by doing - The sparring class is intended for students to have an opportunity to put their knowledge into action. In this class you will be able to improve your skills by practicing with other students. Timing and conditioning are highly emphasized in this class. Here, you will be able to spar making free use of throwing and grappling techniques. In addition to its technical benefits, the sparring class provides an excellent cardiovascular workout.

Private Classes

Grand Master Helio Gracie has stated that the best way to take full advantage of Gracie Jiu-Jitsu techniques and all its intricacies and details is by taking private lessons. During private lessons you will learn several techniques against all types of street aggressions including bare hand, club, knife and gun attacks. After only 40 private lessons a student will possess all the knowledge and reflexes necessary to be ready to fully defend themselves in a real street fight.

MMA Drills and Skills Class

This class consists of striking, take downs, no gi grappling and all elements of today's mixed martial arts competition.