



Lewis' Karate Schools
Karate and Kickboxing Schedule
 (Effective October 13th, 2009)



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	5:00 p.m.	6:30 p.m.	5:00 p.m.	6:30 p.m.	5:00 p.m.	10:45 a.m.
Yellow Belt	5:00 p.m.	6:30 p.m.	5:00 p.m.	6:30 p.m.	5:00 p.m.	10:45 a.m.
Orange Belt	5:45 p.m.	4:15 p.m.	4:15 p.m.	5:45 p.m.	4:15 p.m.	10:00 a.m.
Green Belt	5:45 p.m.	4:15 p.m.	4:15 p.m.	5:45 p.m.	4:15 p.m.	10:00 a.m.
Purple Belt	6:30 p.m.	5:00 p.m.	5:45 p.m.	4:15 p.m.	4:15 p.m.	10:00 a.m.
Blue Belt	6:30 p.m.	5:00 p.m.	5:45 p.m.	4:15 p.m.	5:45 p.m.	11:30 a.m.
Brown Belt	6:30 p.m.	5:00 p.m.	5:45 p.m.	4:15 p.m.	5:45 p.m.	11:30 a.m.
Brown II Belt	4:15 p.m.	5:45 p.m.	6:30 p.m.	5:00 p.m.	5:45 p.m.	11:30 a.m.
Red/Black Stripe Belt	4:15 p.m.	5:45 p.m.	6:30 p.m.	5:00 p.m.	5:45 p.m.	11:30 a.m.
Black Belt	4:15 p.m.	5:45 p.m.	6:30 p.m.	5:00 p.m.	5:45 p.m.	11:30 a.m.

Open Help Classes

Juniors: All Belts (45 minute class, no warm-up)	Wednesdays at 5:45 p.m.
Adult: All Belts Happy Hour (45 minute class, no warm-up)	Wednesdays at 5:45 p.m.

Black Belt Club Class Times (Junior and Adult)

Black Belt Club: Regular Classes (Check white board for weeks)	First week in every month on the “A” days (Mon., Tues., Fri.) during your regular class time
Weapons Classes: Orange Belt, Green Belt, Purple Belt	Thursdays at 7:15 p.m. Nunchaku: Jan, Apr, July, Oct Bo: Mar, June, Sep, Dec Kali Sticks: Feb, May, Aug, Nov
Weapons Classes: Blue Belt, Brown Belt, Brown II Belt, Red/Black Stripe Belt, Black Belt	Thursdays at 7:15 p.m. Nunchaku: Jan, Apr, July, Oct Bo: Mar, June, Sep, Dec Kali Sticks: Feb, May, Aug, Nov

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	7:15 p.m.	10:15 a.m. 7:15 p.m.	5:45 p.m. Help Class 8:15 p.m.	10:15 a.m. 7:45 p.m.	6:30 p.m.	12:15 p.m.
Belts: Blue, Brown, Brown II, Red/Black Stripe, Black	7:15 p.m.	10:15 a.m. 7:15 p.m.	5:45 p.m. Help Class 8:15 p.m.	10:15 a.m. 7:45 p.m.	6:30 p.m.	12:15 p.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
Kali Sticks week is the second week of the four week cycle on Fridays for all Black Belt Students

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

Lewis' Karate Schools:

- 🌀 **Ninja Tots (ages 3 - 5)**
- 🌀 **Mixed Martial Arts**
- 🌀 **Royler Gracie - David Adiv Jiu-Jitsu (RGDA)**

Ask about our AMAZING BIRTHDAY PARTIES!!!

Lewis' Karate Schools

Family of Schools

www.teamLKS.com

Lewis' Karate Schools - Barrie

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

Robinson's Karate Schools - Main School and Headquarters - Newmarket

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

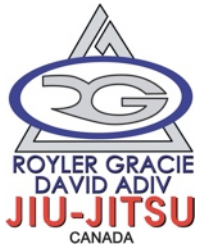
Robinson's Karate Schools - Aurora Location

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

Robinson's Karate Schools - Bolton Location

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





Lewis' Karate Schools

Royler Gracie - David Adiv Jiu-Jitsu



Effective October 13th, 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 9:00 pm Fundamentals	11:00 am - 12:00 pm Fundamentals	6:30 - 7:15 pm Junior Jiu-Jitsu	11:00 am - 12:00 pm Sparring	7:15 - 8:15 pm Fundamentals	9:00 - 10:00 am Sparring
8:00 - 9:00 pm MMA	8:00 - 9:00 pm Sparring	7:15 - 8:15 pm Fundamentals	5:45 - 6:30 pm Junior Jiu-Jitsu	7:15 - 8:15 pm MMA	9:00 - 10:00 am Junior Jiu-Jitsu
9:00 - 9:30 pm No Gi			8:30 - 9:15 pm Sparring	8:15 - 8:45 pm No Gi	
			8:30 - 9:15 pm MMA Sparring		

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

The first week of the month will be no gi for all classes.

All students are required to be in proper uniform.

All students should arrive ten minutes prior to class.

Please see the reverse side for class descriptions

Lewis'
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.

No Gi Class

Leave your jackets at home and participate in the no gi class. In this class you will learn new techniques and participate in specialized drills and sparring sessions to improve all areas of your game. Please wear Gi pants and a long-sleeved RGDA rash guard for this class. The no gi class presents an opportunity for our students to realize that the techniques they learn in Jiu-Jitsu work regardless of what the aggressor is wearing.

Throwing Techniques and Clinching

The throws and the grappling techniques are as inseparable as the front and rear wheels of an automobile. The two work together assisting each other to decide victory or defeat. The throwing techniques class was developed to address a crucial element of a street fight - how to take your opponent to the ground. In this class you will learn how to apply several take down techniques that do not require any strength. In addition, this class benefits its participants by improving balance, coordination and the ability to defend against being thrown.

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.



Lewis' Karate Schools

Ninja-tots

Ages 3 to 5 years



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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	4:30 - 5:00 p.m.		4:30 - 5:00 p.m.		8:30 - 9:00 a.m.

Students should arrive ten minutes prior to classes.

All students are required to be in proper uniform.

All classes are 30 minutes in length.

Mix and match which classes best suit your schedule.

Unlimited classes - minimum two classes per week is recommended.

Ask about our other great programs:

🌀 **Karate** 🌀 **Royler Gracie - David Adiv Jiu-Jitsu**

🌀 **After School Program** 🌀 **Camps** 🌀 **Birthday Parties and MORE!**