



TIMETABLE 2011

MONDAY

Thornleigh Dojo

4:30-5:00pm	Karate Kidz (5-6 Yrs.)
5:00-5:30pm	Karate Kidz (7 Yrs.)
5:30-6:00pm	Karate Kidz (8-10 Yrs.)
6:15-7:00pm	Karate Cadets
7:15-9:00pm	Shoto Club – Adult Karate

TUESDAY

Thornleigh Dojo

4:30-5:00pm	Karate Kidz (5-6 Yrs.)
5:00-5:30pm	Karate Kidz (7 Yrs.)
5:30-6:00pm	Karate Kidz (8-10 Yrs.)
6:15-7:00pm	Karate Cadets
7:15-9:00pm	Shoto Club – Adult Karate

WEDNESDAY

Pennant Hills Dojo

4:30-5:00pm	Karate Kidz (5-6 Yrs.)
5:00-5:30pm	Karate Kidz (7 Yrs.)
5:30-6:00pm	Karate Kidz (8-10 Yrs.)

THURSDAY

Pennant Hills Dojo

5:00-6:00pm	Karate Cadets
8:00-9:15pm	Shoto Club – Adult Karate

SATURDAY

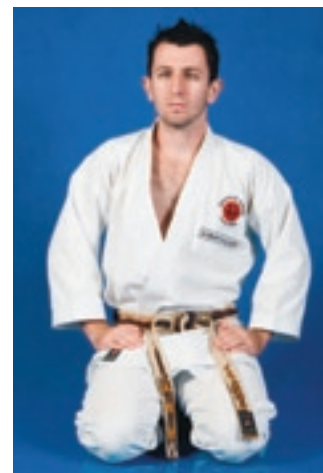
Pennant Hills Dojo

6:00-7:30am	Early Birds
7:30-9:00am	WKF Competition Training

SUNDAY

Pennant Hills Dojo

4:30-6:00pm	Advanced Kata (Invitation Only)
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EVOLUTION MARTIAL ARTS

INSTRUCTORS...

Raymond Morcomb
4th Dan Black Belt

Joel Norrgard
3rd Dan Black Belt

Pierre Baudou-Daniel
1st Dan Black Belt

VENUES...

Thornleigh Dojo
Community Centre,
Corner Central & Phyllis
Aves, Thornleigh

Pennant Hills Dojo
Community Centre,
Corner Yarrara & Ramsay
Road, Pennant Hills

CONTACT...

Raymond Morcomb
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PROGRAM OUTLINE

1. Karate Kids: for children aged 5-10 years
3. Karate Cadets: for those aged 11-15 (all grades)
4. Shoto Club – Adult Karate: for those aged 16+ (all grades)
5. Early Birds Karate: for Senior & Cadet Karate students
6. WKF competition kata + kumite training
7. Advanced Kata training, by invitation only

www.emakarate.com.au

