



# LESSON SCHEDULE

EFFECTIVE AUGUST 21, 2023

RANK/AGE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>TIGER CUBS (4-6)</b>	—	4:30-5:00pm	—	4:30-5:00pm	—	12:00-12:30pm
<b>JUNIORS (7-11)</b> White + Yellow Belts	4:20-5:00pm	6:00-6:40pm	4:20-5:00pm	6:00-6:40pm	4:20-5:00pm	11:15-11:55am
<b>JUNIORS (7-11)</b> Green Belts	5:10-5:50pm	6:45-7:25pm	6:00-6:40pm	5:10-5:50pm	5:05-5:45pm	10:25-11:05am
<b>JUNIORS (7-11)</b> Blue Belts*	5:10-5:50pm* 6:00-6:40pm*	6:45-7:25pm	6:00-6:40pm	5:10-5:50pm	5:05-5:45pm* 5:50-6:30pm*	10:25-11:05am
<b>JUNIORS (7-11)</b> Brown + Red Belts	6:00-6:40pm	5:10-5:50pm	5:10-5:50pm	6:45-7:25pm	5:50-6:30pm	10:25-11:05am
<b>JUNIORS (7-11)</b> Black Belts	6:50-7:35pm	5:10-5:50pm	5:10-5:50pm	6:45-7:25pm	6:35-7:15pm	10:25-11:05am
<b>TEENS (12-15)</b> Color Belts	7:45-8:30pm	7:30-8:10pm	3:30-4:15pm 7:45-8:30pm	7:30-8:10pm	8:05-8:45pm	9:30-10:15am
<b>TEENS (12-15)</b> Black Belts	6:50-7:35pm	7:30-8:10pm	3:30-4:15pm 7:45-8:30pm	7:30-8:10pm	6:35-7:15pm	9:30-10:15am
<b>ADULTS (16+)</b> Color Belts	7:45-8:30pm	12:00-12:45pm 8:15-9:00pm	3:30-4:15pm 7:45-8:30pm	12:00-12:45pm 8:15-9:00pm	8:05-8:45pm	9:30-10:15am
<b>ADULTS (16+)</b> Black Belts	6:50-7:35pm	12:00-12:45pm 8:15-9:00pm	3:30-4:15pm 7:45-8:30pm	12:00-12:45pm 8:15-9:00pm	6:35-7:15pm	9:30-10:15am

(\*) On Mondays & Fridays, Junior Blue Belts may train with Junior Green Belts OR Junior Brown/Red Belts.

### XP TRAINING

Membership Upgrade Required  
**6:50-7:35pm every Wednesday**  
 Open to Blue Belts & Above

### INSTRUCTOR TRAINING

By Invitation Only · Red Belts and  
 Black Belts  
**7:20-8:00pm on**  
**1st and 3rd Friday of each month**

### DEMO TEAM PRACTICE

By Invitation Only · Brown Belts &  
 Above  
**7:20-8:00pm on**  
**2nd and 4th Friday of each month**

### ON TIME POLICY

- Students should arrive 10 minutes before each lesson.
- Students arriving more than 10 minutes late will not be allowed to participate.
- Late students will not receive any lesson credit.

### TIPS FOR SUCCESS

- Attend class 2-3 times per week
- Do practice sessions at home
- Do private lessons once per cycle. *Private lessons are available by appointment only.*

### TESTING GUIDELINES:

- 10 Lessons for Cubs & White Belts
- 12 Lessons for Yellow-Blue Belts
- 14 Lessons for Brown & Red Belts
- 28 Lessons for Black Belts
- Must test to earn new rank!

**5757 KATY-GASTON RD, KATY, TX 77494**  
**(281) 202-3713 ■ KATYTKD.COM**