K.S. Lee’s Best Martial Arts, Inc.

**Morrisville/Cary Academy**

 *Effective : Thursday, December 1st, 2016*

**www.nctkd.com**

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| **Hours** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| 10:00-10:45am | Open Practice | **Duke University****Physical Education**KS Lee (10:05-11:20am) | Open Practice | **Duke University****Physical Education**KS Lee (10:05-11:20am) | Open Practice | 9:15-10:00amKick and Punch Training only (All Belt & All Ages) |
| 12:00-12:50pm | Open Practice | **Duke University****Physical Education**11:45-1:00pm | Open Practice | **Duke University****Physical Education**11:45-1:00 pm | Open Practice | 10:15-11:00amThumbling,use mat Trampoine ,Breaking Practice(All Belt, All Ages) |
| 1:00-4:00pm | Open Practice | Open Practice | Open Practice | Open Practice | Open Practice | 11:15-12:00 PMIntro, No Belt, White, Yellow, Green, Orange,Blue,H-BlueBrown, Purple,Red |
| 4:00-9:00pm. | 4:15-5:00Intro, No Belt, White,Yellow, Green | 4:15-5:00Orange, Blue, H-Blue, Brown, Purple, Red, Black | 4:15-5:00Intro, No Belt ,WhiteYellow, Green | 4:15-5:00 Orange, Blue, H-Blue, Brown, Purple, Red, Black | 4:15-5:00Intro, No Belt, WhiteYellow, Green | 12:15-1:30 pmBLACK BELT Only (Deputy Black & Higher) |
|  | 5:15-6:00 Orange, Blue, H-Blue, Brown, Purple, Red, Black | 5:15-6:00Intro, No Belt, WhiteYellow, Green | 5:15-6:00 Orange, Blue, H-Blue, Brown, Purple, Red, Black | 5:15-6:00Intro ClassNo Belt, WhiteYellow, Green | 5:15-6:00 Orange, Blue, H-Blue, Brown, Purple, Red, Black | 1:15-2:00pmSparring ClassAll Belt & All Ages |
| ***NOTES:***Sparring equipment is required for sparring class attendance.Advanced training is for advanced learning beyond curriculum. Training changes periodically. | 6:15-7:00Intro ClassNo Belt, WhiteYellow, Green | 6:15-7:00All Belt, All Ages(Family Class) | 6:15-7:00 All Belt, All Ages( Family Class) | 6:15-7:00All Belt, All Ages(Family Class) | 6:15-7:00Intro.ClassNo Belt, WhiteYellow, Green | 2:15-4:00 pmInstructor & Jr.& Sr Leadership Training by Announcement |
| 7:15- 8:00Orange, Blue, H-BlueBrown, Purple, Red, Black | 7:15- 8:00Intro ClassNo Belt, WhiteYellow, Green | 7:15-8:00Intro Class, No Belt, White, Yellow, Green | 7:15-8:00Intro ClassNo Belt, WhiteYellow, Green | 7:15-8:00All Belts, All Ages( Family Class)  | 4:15-5:00DEMO Team & Special Training |
| 8: 15- 9:00Form onlyAll Belts, All Ages | 8:15- 9:00One Step Self defense Only, All Belts, All Ages | 8:15-9:00Black Belt Only All Ages | 8: 15-9:00HoSinSool OnlyAll Belts, All Ages | 8:15-9:00Falling, ThumblingAll Belt All Ages | By Invitation Only |

1. Students must arrive at least 10 minutes before each class.
2. Never interfere with or disturb a class.and Call he school if you must miss class
3. Consult the instructors when your attendance, techniques, and attitude are commensurate with the next belt level.
4. Special permission is needed to attend more than one class per day. Open Practice is by appointment only
5. All students must attend at least two classes per week.

 101 Gathering Park Circle, Suite 103, Cary,NC 27519 Tel : 919-467-5239 or 919-467-6355