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 | 9:15-10:00am  Kick 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 | 10:15-11:00am  Thumbling,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 PM  Intro, No Belt, White, Yellow, Green, Orange,  Blue,H-Blue  Brown, Purple,Red |
| 4:00-9:00pm  . | 4:15-5:00  Intro, No Belt, White,  Yellow, Green | 4:15-5:00  Orange, Blue, H-Blue, Brown, Purple, Red, Black | 4:15-5:00  Intro, No Belt ,White  Yellow, Green | 4:15-5:00  Orange, Blue, H-Blue, Brown, Purple, Red, Black | 4:15-5:00  Intro, No Belt, White  Yellow, Green | 12:15-1:30 pm  BLACK BELT Only (Deputy Black & Higher) |
|  | 5:15-6:00  Orange, Blue, H-Blue, Brown, Purple, Red, Black | 5:15-6:00  Intro, No Belt, White  Yellow, Green | 5:15-6:00  Orange, Blue, H-Blue, Brown, Purple, Red, Black | 5:15-6:00  Intro Class  No Belt, White  Yellow, Green | 5:15-6:00  Orange, Blue, H-Blue, Brown, Purple, Red, Black | 1:15-2:00pm Sparring Class  All Belt & All Ages |
| ***NOTES:***  Sparring equipment is required for sparring class attendance.  Advanced training is for advanced learning beyond curriculum. Training changes periodically. | 6:15-7:00  Intro Class  No Belt, White  Yellow, Green | 6:15-7:00  All Belt, All Ages  (Family Class) | 6:15-7:00  All Belt, All Ages  ( Family Class) | 6:15-7:00  All Belt, All Ages  (Family Class) | 6:15-7:00  Intro.Class  No Belt, White  Yellow, Green | 2:15-4:00 pm Instructor & Jr.& Sr Leadership Training by Announcement |
| 7:15- 8:00  Orange, Blue, H-Blue  Brown, Purple, Red, Black | 7:15- 8:00  Intro Class  No Belt, White  Yellow, Green | 7:15-8:00  Intro Class, No Belt, White, Yellow, Green | 7:15-8:00  Intro Class  No Belt, White  Yellow, Green | 7:15-8:00  All Belts, All Ages  ( Family Class) | 4:15-5:00  DEMO Team & Special Training |
| 8: 15- 9:00  Form only  All Belts, All Ages | 8:15- 9:00  One Step Self defense Only, All Belts, All Ages | 8:15-9:00  Black Belt Only  All Ages | 8: 15-9:00  HoSinSool Only  All Belts, All Ages | 8:15-9:00  Falling, Thumbling  All 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