

MOUNTAIN KARATE ACADEMY WEEKLY SCHEDULE



MAIN DOJANG

SUNDAYS

9:00 a.m. RELAXED KARATE- LEVEL 2 & UP
10:00 a.m. WORKSHOP- LEVEL 2 & UP

MONDAYS

9:00 a.m. ALL LEVELS
10:30 a.m. LITTLE GRASSHOPPERS
4:45 p.m. LITTLE DRAGONS
5:30 p.m. LEVEL 1
6:15 p.m. LEVEL 3
7:15 p.m. ADULT BRAZILIAN JIU JITSU

TUESDAYS

5:00 p.m. LEVEL 1
5:45 p.m. LEVEL 2
6:30 p.m. LEVEL 3

WEDNESDAYS

4:45 p.m. LITTLE DRAGONS
5:30 p.m. LEVEL 2
6:30 p.m. LEVEL 3 (OR LEVEL 4- SEE BELOW)

THURSDAYS

4:45 p.m. LITTLE GRASSHOPPERS
4:45 p.m. LITTLE DRAGONS
5:30 p.m. LEVEL 2
6:30 p.m. LEVEL 3

SATURDAYS

8:00 a.m. CARDIO/STRIKING
9:00 a.m. ADULT/YOUTH BRAZILIAN JIU JITSU
10:00 a.m. ALL LEVELS
11:30 a.m. LITTLE DRAGONS



STUDIO 1

MONDAYS

5:00 p.m. YOUTH BRAZILIAN JIU JITSU
TBD EXERCISE CLASS - SEE FITNESS CLASS
CALENDAR

TUESDAYS

5:00 p.m. YOUTH BRAZILIAN JIU JITSU
6:00 p.m. ADULT BRAZILIAN JIU JITSU

WEDNESDAYS

6:00 p.m. EXERCISE CLASS

THURSDAYS

5:30 p.m. LEVEL 1
6:45 p.m. EXERCISE CLASS

SATURDAYS

9:00 a.m. EXERCISE CLASS



STUDIO 2

TUESDAYS

5:30 p.m. STRETCH YOGA
6:30 p.m. BEGINNER/POWER YOGA

THURSDAYS

4:45 p.m. STREET DEFENSE
6:30 p.m. STREET DEFENSE

FRIDAYS

5:30 p.m. VINYASA/FLOW YOGA (CASH ONLY)

STUDENT LEVELS CAN BE FOUND ON STUDENT PORTAL.
SCHEDULE IS SUBJECT TO CHANGE.

SPECIALTY CLASSES

1ST THURSDAY
OF THE MONTH



WEAPONS CLASS
(ORANGE BELT AND UP)
6:30 p.m.

2ND MONDAY
OF THE MONTH



SPARRING SKILLS
6:15 p.m.

2ND TUESDAY
OF THE MONTH



BEGINNER SPARRING
SKILLS
5:45 p.m.

3RD WEDNESDAY
OF THE MONTH



ELITE TRAINING
(INVITE ONLY)
6:30 p.m.

4TH WEDNESDAY
OF THE MONTH



SPARRING SKILLS
6:30 p.m.

4TH THURSDAY
OF THE MONTH



FORMS NIGHT
ALL EVENING
SEE WEBSITE

MOUNTAIN KARATE ACADEMY

CLASS LEVEL GUIDE

LITTLE GRASSHOPPERS

MONDAYS @ 10:30 a.m.
THURSDAYS @ 4:45 p.m.

\$30/month tuition covers
once a week training.

Students may train twice a week
for \$55/month.

LEVEL 2

SUNDAYS @ 9:00 a.m.
SUNDAYS @ 10:00 a.m.
TUESDAYS @ 5:45 p.m.
WEDNESDAYS @ 5:30 p.m.
THURSDAYS @ 5:30 p.m.
SATURDAYS @ 10:00 a.m.

Level 2 students may also attend
all Level 1 classes.

LITTLE DRAGONS

MONDAYS @ 4:45 p.m.
WEDNESDAYS @ 4:45 p.m.
THURSDAYS @ 4:45 p.m.
SATURDAYS @ 11:30 a.m.

Little Dragons demonstrating good
form, technique & behavior may be
considered for level 1 classes.

LEVEL 3

MONDAYS @ 6:15 p.m.
TUESDAYS @ 6:30 p.m.
WEDNESDAYS @ 6:30 p.m.
THURSDAYS @ 6:30 p.m.

Level 3 students may also attend
all Level 1 and 2 classes.

LEVEL 1

MONDAYS @ 9:00 a.m.
MONDAYS @ 5:30 p.m.
TUESDAYS @ 5:00 p.m.
THURSDAYS @ 5:30 p.m.
SATURDAYS @ 10:00 a.m.

Level 1 students may also be placed in
Little Dragons classes to further
improve their skills. (dependent on age)

LEVEL 4

ELITE TRAINING CLASS
3RD WEDNESDAY OF THE MONTH
(UNLESS OTHERWISE NOTED)

This class is invite only. Students
must meet a set criteria to train in
this class.

EXPLANATION OF CLASS FOCUS

LEVEL 1: BUILD THE FOUNDATION

Learn the class structure, commands, and Dojang etiquette while building a strong technical foundation. Students focus on proper stances, body positioning, and beginner techniques. A solid understanding of the basics is required before progressing.
EXAMPLES: Front, sparring/fighting, back, and horse stances; stationary kicks; hand strikes; and simple combinations.

LEVEL 2 — ADD THE MOVEMENT

Build on Level 1 skills and add in movement and more complex combinations while developing one-steps and sparring skills. Continue refining commands, etiquette, and overall class discipline.
EXAMPLES: Step-in front round kick, step-behind side kick, and other movement-based techniques without spinning.

LEVEL 3 — ADVANCE & CREATE

Apply everything learned in Levels 1–2 with greater speed, control, and complexity. Introduce spinning and jumping techniques, advanced combinations, and student-created one-steps.

LEVEL 4 — ELITE

The highest level of training. Students are expected to demonstrate advanced skill, discipline, focus, leadership, commitment and a strong understanding of techniques, commands, and Dojang etiquette.

WHERE CAN I VIEW MY ASSIGNED LEVEL?

Assigned levels are listed on each student's Jackrabbit account.

HOW OFTEN ARE LEVELS EVALUATED?

Levels will be evaluated and adjusted monthly. If a student moves up or down a level, the student/parent will be notified and their student account will be updated.

HOW ARE LEVELS ASSIGNED?

Levels are assigned with a number of factors in mind and are not based on belt rank. These factors include physical ability as well as focus level, maturity and behavior. Each student was individually evaluated and placed in the level that best matches their current skills and needs. This allows our instructors to teach at the right pace for each group—challenging students without overwhelming them, while ensuring no one misses out on important instruction. As the level increases, class pace and technique difficulty increase. Levels will be reevaluated monthly, and students may move up or down as needed based on their progress.