

AKKA Karate USA

Fitness

Family

Fun

7504 N. Oak Trafficway | 816-682-2428
AKKANorthland.com | AKKANorthland@gmail.com

Youtube: akkanorthland

Facebook: AKKA Karate USA - Northland

Dojo conduct:

Bow upon entering and leaving the training area.

Throw away your trash.

The deck is for training only.

If you are late, ask permission from the instructor to join class.

Address fellow students and instructors as sir or ma'am.

Students must be in uniform while in class.

Deck shoes are for indoor surfaces only.

Drinks must be in spill-proof containers.

No gum chewing on deck.

All sparring must be supervised by an instructor. Proper gear is mandatory.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	All Ranks 7 a.m.		All Ranks 7 a.m.		All Ranks 7 a.m.	Brown - Black 9 a.m.
		Brown - Black 10:30 a.m.		Brown - Black 10:30 a.m.	All Ranks 10:30 a.m.	White to Green 10:15 a.m.
		White to Green 11:30 a.m. Kenpo Tigers 11:30		White to Green 11:30 a.m. Kenpo Tigers 11:30		Kickboxing 11:30 a.m.
		Kickboxing 12:30 p.m.		Kickboxing 12:30 p.m.		SEMINARS (as scheduled) 12:30 p.m.
		All Ranks 4 p.m.	All Ranks 4 p.m.	All Ranks 4 p.m.		
	All Ranks 5 p.m.	All Ranks 5 p.m.	All Ranks 5 p.m.	All Ranks 5 p.m.	All Ranks 5 p.m.	
	Kenpo Tigers 6 p.m. All Ranks 6 p.m.	White - Gold - Orange 6 p.m. Cardio 6 p.m.	Kenpo Tigers 6 p.m. Purple - Blue - Green	White - Gold - Orange 6 p.m. Cardio 6 p.m.	Kenpo Tigers 6 p.m. All Ranks 6 p.m.	
	White - Gold - Orange 7 p.m.	Purple - Blue - Green 7 p.m.	Brown - Black 7 p.m.	Purple - Blue - Green 7 p.m.	Grappling 7 p.m.	
	Brown - Black 8 p.m.	Brown - Black 8 p.m.	White - Gold - Orange 8 p.m.	Brown - Black 8 p.m.		