

Capobianco's ATA Black Belt Academy  
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**EASTBRUNSWICK LOCATION**  
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[www.ATAEastBrunswickKarate.com](http://www.ATAEastBrunswickKarate.com)

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**EFFECTIVE JAN. 1st, 2023**

**(PRIVATE LESSONS by appt.)**

**SUN.**

**MON.**

**TUES.**

**WEDS.**

**THURS.**

**FRI.**

**SAT.**

**SOUTH BRUNSWICK LOCATION SCHEDULE IS IN GREEN**

**THE YOUNGER SET.....ATA TIGERS/ADVANCED TIGERS**

**ATA TIGERS AGES 3-6 yrs 2 or more Classes/Week**

|                        | SUN.  | MON. | TUES. | WEDS. | THURS. | FRI. | SAT.  |
|------------------------|-------|------|-------|-------|--------|------|-------|
| <b>NEW/WHITE</b>       | 12:00 | 5:45 | 5:30  | 5:00  | 5:00   | 5:00 | 10:30 |
| <b>ORANGE &amp; Up</b> | 12:00 | 5:00 | 6:00  | 5:30  | 5:30   | 5:30 | 12:30 |

**KARATE for KIDS AGES 7-12 yrs.**

|                                                |       |      |      |      |      |      |                                                                   |
|------------------------------------------------|-------|------|------|------|------|------|-------------------------------------------------------------------|
| <b>NEW/WHITE</b>                               | 12:00 | 5:45 | 5:30 | 6:15 | 5:00 | 5:00 | 10:30/12:30                                                       |
| <b>ORG-YEL</b>                                 | 12:00 | 5:00 | 6:00 | 5:30 | 5:30 | 5:30 | 12:30                                                             |
| <b>CAMO/GRN/PUR</b>                            | 11:00 | 6:15 | 6:30 | 6:45 | 6:00 | 6:00 | <b>FORMS/<br/>ONE-<br/>STEPS<br/>WEAONS<br/>/BOARDS<br/>11:45</b> |
| <b>BLU/BRWN</b>                                | 11:00 | 6:15 | 6:30 | 6:45 | 6:00 | 6:00 |                                                                   |
| <b>RED</b>                                     | 11:00 | 6:15 | 6:30 | 6:45 | 6:00 | 6:00 |                                                                   |
| <b>RED/BLK-1BD</b>                             | 11:00 | 7:00 | 7:45 | 8:00 | 7:15 | 6:00 |                                                                   |
| <b>BLACK 2BR/3BD</b>                           | 11:00 | 7:00 | 7:45 | 8:00 | 7:15 | 6:00 |                                                                   |
| <b>TEENS &amp; ADULTS AGES 13 yrs &amp; Up</b> |       |      |      |      |      |      |                                                                   |
| <b>ALL RANKS</b>                               | 11:00 | 7:00 | 7:45 | 8:00 | 7:15 | 6:00 |                                                                   |

**WHICH PROGRAMS CAN USE THESE SPECIALTY CLASSES**

|                             |                                              |       |       |       |      |           |                                                                                                    |
|-----------------------------|----------------------------------------------|-------|-------|-------|------|-----------|----------------------------------------------------------------------------------------------------|
| <b>TOURNAMENT PREP</b>      | Saturday/Sunday classes are perfect for this |       |       |       |      |           | <b>SPARRING<br/>CLASS<br/>***TEAM<br/>COMBAT<br/>SPARRING<br/>***TEAM<br/>SPARRING<br/>**11:00</b> |
| <b>MASTER CLUB</b>          | _____                                        | _____ | _____ | _____ | 6:45 | 6:45      |                                                                                                    |
| <b>LEADERSHIP</b>           | _____                                        | _____ | 7:15  | 7:30  | 6:45 | 6:45      |                                                                                                    |
| <b>COMPETITION STYLE</b>    | _____                                        | _____ | _____ | _____ | 6:45 | 6:45      |                                                                                                    |
| <b>TEAM COMBAT/SPARRING</b> | _____                                        | _____ | _____ | _____ | 6:45 | 6:45      |                                                                                                    |
| <b>LEGACY</b>               | 12:00                                        | 5:45  | 5:30  | 5:30  | 6:00 | 5:30/6:00 |                                                                                                    |

**\*\*\*Saturday Class Schedule: All students Camo & Higher are invited to attend the 45 min training classes to improve in those areas. Each class counts equally for a class make-up.**

**PRIVATE LESSONS**

**Available for Extra Help for Graduation/Tournaments**