



TRADITIONAL INTERNATIONAL  
SHOTOKAN KARATE ASSOCIATION

## CAMBRIDGE KARATE CLUB - SUMMER TIMES

Oss Everyone,

Over the summer period the times of classes will change. Please see below for details:

### **WEDNESDAYS**

#### *Class cancellations & Double classes*

**No classes on Wednesday 26<sup>th</sup> July and Wednesday 30<sup>th</sup> August 2017**, therefore **double classes** will be held on **Wednesday 19<sup>th</sup> July and Wednesday 6<sup>th</sup> September 2017** at the following times:

Beginners	5:15pm - 5:45pm
All grades*	5:45pm - 7:00pm

\* All Black belts and above will be required to stay and train for an additional 30 minutes.

#### *Summer times*

#### Wednesday 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup> August 2017

Beginners	5:15pm - 5:45pm
Blue belts to Brown & white belts with a red tag	5:45pm - 6:30pm
Brown & Red belt & above*	6:30pm - 7:30pm

\* Black belts will be required to stay and train for an additional 15-20 minutes.

All **class times** will resume as **normal** from **Wednesday 13<sup>th</sup> September, 2017**

### **FRIDAY**

#### *Class cancellations & Double classes*

**No Classes on Friday 28<sup>th</sup> July and Friday 25<sup>th</sup> August 2017**, therefore **double classes** will be held on **Friday 21<sup>st</sup> July and Friday 1<sup>st</sup> September 2017** at the following times:

All grades*	5:30pm - 6:45pm
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\* All Black belts and above will be required to stay and train for an additional 15 minutes.

#### *Summer times*

#### Friday 4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> August 2017

All grades*	5:30pm - 6:15pm
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\*Brown & Red belts and above will be required to stay and train for an additional 15-20 minutes and Black belts an extra 45 minutes (in total).

All **class times** will resume as **normal** from **Friday 8<sup>th</sup> September, 2017**.

Please remember that you can also download the 'Tiska App' to watch and practice over the summer period. The 'Tiska App' can be accessed from your app store and can be downloaded onto any Apple, Android and Amazon tablet or mobile phone - perfect for training even if you are away on holiday.

Oss

**Mr Mistry**  
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