

ADULTS

Monday

6 to 7 pm Adult Basic Training

An optional introductory class for adults, focused on building a basic foundation and stamina for the more demanding classes.

This class is not limited to beginning members.

7 to 8:45 pm Adult Class

An adult class for all levels. New adults may attend.

The class can be very demanding as one works toward maximum effort.

Tuesday

6 to 7:15 pm Adult Kata Class

Open to all adult members. Traditional Shotokan Kata (forms) are introduced and studied through vigorous repetition. New adult members may attend.

7:15 to 8:45 pm Adult Jiyu Kumite

A class where Jiyu Kumite (free matching) is the focus.

Some training experience is required for this very demanding class.

Wednesday

6 to 7 pm Adult Basic Training

Same format as Monday 6 to 7 pm Adult Basic Training

7 to 8:45 pm Adult Class

Same format as Monday 7 to 8:45 pm Adult Class

Thursday

6 to 7:15 pm Adult Basic Training

Same format as Monday 6 to 7 pm Adult Basic Training

7:15 to 8:45 pm Adult Class

Open to adults with previous experience and general basic training knowledge.

Friday

6:45 to 8:30 pm Adult Class

A class open to all adults.

Saturday

10 to 11:30 am All Members Class

One class for children and adults. Children require permission to attend.

Sunday

1 to 3 pm Adult Kata Class

A unique class focused on repetition of individual Kata.

Permission is required to attend.

KIDS

Monday

5 to 6 pm Kids Class

We usually have 2-4 instructors on the floor so this is a good class for “new members” to start. Students are grouped during portions of the class to accommodate ability.

Tuesday

5 to 6 pm Kids Kata Class

Open to children who have acquired a basic knowledge of the first Kata (Taikyoku Shodan).

Many other Kata (forms) are introduced and studied.

Wednesday

5 to 6 pm Kids Class

Same format as Monday 5 to 6 pm Kids Class.

Friday

5:30 to 6:30 pm Kids Class

A class open to all children.

Saturday

10 to 11:30 am All Members Class

One class for children and adults. Children require permission to attend.

Sunday

No kids classes scheduled.



• *Shotokan Karate of Garden Grove*

• 10102 Stanford Avenue
• Garden Grove, CA 92840

• *A Non-profit Organization teaching traditional Karate-do in America since 1955*

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2012 CLASS SELECTION

Children may attend specific adult classes
based on their training level and age.
Permission required.

