



# CAIRNS QUEST CENTRE



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[www.cairnsquestcentre.com.au](http://www.cairnsquestcentre.com.au)

Effective July 4, 2011

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30 to 5:15			<b>Little Ninja Seminar</b>  8-12yrs	<b>Mini Ninjas</b>  4-7yrs		9:00-9:45 am <b>Mini Ninjas</b>  4-7yrs
5:15 to 6:00	<b>Mini Ninjas</b>  4-7yrs	<b>Level 2</b>  Advanced Self-Protection	<b>Mini Ninjas</b>  4-7yrs	<b>Level 1</b>  Foundations of Self-Protection		9:45-10:30 am <b>Level 1</b>  Foundations of Self-Protection
6:00 to 6:45	<b>Level 1</b>  Foundations of Self-Protection	<b>Level 3</b>  Path of the Protector	<b>Level 3</b>  Path of the Protector	<b>Level 2</b>  Advanced Self-Protection		10:30-11:15 am <b>Level 2</b>  Advanced Self-Protection
6:45 to 7:30	<b>Level 3</b>  Path of the Protector	<b>Level 4</b>  All Black Belts	<b>Level 2</b>  Advanced Self-Protection	<b>Level 3</b>  Path of the Protector	<b>Graduation Awards</b>  <b>Youth and Adults</b>  End of each month	11:15-12:00 pm <b>Level 3</b>  Path of the Protector
7:30 to 8:15	<b>Level 4</b>  All Black Belts	<b>Level 2</b>  Advanced Self-Protection	<b>Level 1</b>  Foundations of Self-Protection	<b>Meditation</b>		12:00-12:45 pm <b>Level 4</b> All Black Belts <b>*C.T.I team meeting</b> to replace this class once a month
8:15 to 9:00	<b>Adult Seminar and Workshops</b>		<b>Adult Seminar and Workshop</b>			

1. Attend 2 classes per week on a regular and consistent schedule. All classes include workout introduction to techniques of To-Shin Do and a chance to try the techniques.
2. Bring all protective gear for your belt level.
3. Arrive 5 minutes early for your class.
4. Keep uniform neat and clean, odour-free; it is not a good idea to wash your belt – it will shrink. T-shirts and Gi Tops only – No Singlets.
5. Health regulations dictate tabi or socks – no bare feet.
6. Quietly prepare for class – do not disturb current class in session.

Classes	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Strikes and Roll of the week
Date:					
Mimi Ninja					
Seminar class					
Level 1					
Level 2					
Level 3					
Level 4					