

**BILL STEVENS
KARATE** 201-327-7702

91 Interstate Shopping center
Ramsey N.J. 07446

We encourage parents to become involved with the education and motivation we provide to our future champions. Your child will learn principles and values that will last a lifetime.



HAVE YOUR BIRTHDAY PARTY HERE!!

Just bring your camera, sit back and enjoy... We do all the work!
Each 90 minute party includes an exciting martial arts lesson with lots of fun games and drills!

Adult Karate, Kickboxing, Brazilian Jiu-Jitsu
Are Free for all Parents of Enrolled Members



If you are not getting our monthly newsletter please email me at contactstevens@aol.com
It's important info like school events and weather closings.

2020 Schedule www.stevenskarate.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00-4:30pm Lil Dragons		BASIC 4:00-4:30pm BASIC BBC 4:30-4:45pm			8:15am 9:45am Brazilian JiuJitsu JIU-JITSU Kickboxing
BASIC 4:30 - 5:00pm BASIC BBC 5:00 - 5:15PM	4:30 - 5:15pm Intermediate Advanced	Lil Dragons 4:45pm-5:15pm	4:30 - 5:15pm Intermediate Advanced	BASIC 4:15-4:45pm BASIC BBC 4:45-5:00pm	BASIC 10:00-10:30am BASIC BBC 10:30-10:45am
5:15 - 6:00PM Intermediate	5:15-6:00pm Brown & Black belts	5:15-6:00pm Kids Brazilian Jiu-Jitsu	5:15-6:00pm Brown & Black belts	5:00-5:45pm Intermediate	10:45-11:30AM Intermediate
BASIC 6:00 - 6:30pm BASIC BBC 6:30- 6:45PM	BASIC 6:00 - 6:30pm BASIC BBC 6:30- 6:45PM	6:00-6:45pm Intermediate	BASIC 6:00 - 6:30pm BASIC BBC 6:30- 6:45PM	5:45-6:30pm Advanced	11:30-12:15pm Advanced 12:15-12:45 Little Dragons
6:45 - 7:30PM Intermediate Advanced Adult Karate students	6:45 - 7:30PM Intermediate Advanced Adult Karate students	6:45 - 7:30PM Advanced	6:45 - 7:30PM Intermediate Advanced Adult Karate students	6:30 - 7:15pm Kids Brazilian Jiu-Jitsu	
7:30 - 8:15pm SELF DEFENSE Brazilian JiuJitsu JIU-JITSU	7:30 - 8:30PM Brazilian Jiu-Jitsu JIU-JITSU	7:30 - 8:15pm SELF DEFENSE Brazilian JiuJitsu JIU-JITSU	7:30 - 8:30PM Brazilian Jiu-Jitsu JIU-JITSU		

Lil Dragons ages 3.5 to 5yrs When they turn 5 they move to Basic class

This class has both kids & adults

Basic - ages 5 and up White, H white, Yellow Belts

Intermediate - Yellow-H Yellow-Orange, HOrange, Blue, HBlue





Classes for adult Brazilian Jiu-Jitsu Members **JIU-JITSU**

Advanced-HBlue, Green, HGreen, Red, HRed, Brown, H Brown, Black

Kids Brazilian Jiu-Jitsu is for ages 9yrs and up


Monday

Tuesday

4:00-4:30pm lil Dragons	
BASIC 4:30 - 5:00pm BASIC BBC 5:00 - 5:15PM	4:30 - 5:15pm Intermediate Advanced
5:15 - 6:00PM Intermediate	5:15-6:00pm Brown & Black belts
BASIC 6:00 - 6:30pm BASIC BBC 6:30- 6:45PM	BASIC 6:00 - 6:30pm BASIC BBC 6:30- 6:45PM
6:45 - 7:30PM Intermediate Advanced  Adult Karate students	6:45 - 7:30PM Intermediate Advanced  Adult Karate students
7:30 - 8:15pm SELF DEFENSE Brazilian Jujitsu JIU-JITSU 	7:30 -8:30PM Brazilian Jiu-Jitsu JIU-JITSU 


Wednesday

Thursday

<p>BASIC 4:00-4:30pm</p> <p>BASIC BBC 4:30-4:45pm</p>	
<p>Lil Dragons 4:45pm-5:15pm</p>	<p>4:30 - 5:15pm Intermediate Advanced</p>
<p>5:15-6:00pm Kids Brazilian Jiu-Jitsu</p>	<p>5:15-6:00pm Brown & Black belts</p>
<p>6:00-6:45pm Intermediate</p>	<p>BASIC 6:00 - 6:30pm BASIC BBC 6:30- 6:45PM</p>
<p>6:45 - 7:30PM Advanced</p>	<p>6:45 - 7:30PM Intermediate Advanced  Adult Karate students</p>
<p>7:30 - 8:15pm SELF DEFENSE Brazilian JiuJitsu JIU-JITSU </p>	<p>7:30 -8:30PM Brazilian Jiu-Jitsu JIU-JITSU </p>

Friday

Saturday

	8:15am 9:45am Brazilian JiuJitsu JIU-JITSU  Kickboxing
BASIC 4:15-4:45pm BASIC BBC 4:45-5:00pm	BASIC 10:00-10:30am BASIC BBC 10:30-10:45am
5:00-5:45pm Intermediate	10:45-11:30AM Intermediate
5:45-6:30pm Advanced	11:30-12:15pm Advanced
6:30 -7:15pm Kids Brazilian Jiu-Jitsu	12:15-12:45 Little Dragons