

DOUVRIS

Karate • Fitness • Leadership



December 2023 DOUVRIS MARTIAL ARTS AYLMEER BLACK BELT INFORMATION

- **PREPARATION CLASSES - Attendance is Mandatory**

SATURDAY, September 16	1:00 p.m. - 2:30 p.m.
SATURDAY, September 30	1:00 p.m. - to be determined
SATURDAY, October 14 and 28	1:00 p.m. - to be determined
SATURDAY, November 4 and 18	1:00 p.m. - to be determined
SATURDAY, December 2 and 9	1:00 p.m. - to be determined

- **BLACK BELT GRADING - BLACK BELT TEST - Attendance is Mandatory**

SATURDAY, December 16	1:00 p.m. - to be determined
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- **2023 BLACK BELT CEREMONY - Attendance is Mandatory**

SUNDAY, December 17	11:00 a.m. - Families & Friends are welcome
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Black Belt Candidates are to arrive at the Dojo 10 to 15 minutes before Classes.

Please note 'to be determined' above means that the length of time for each Prep class beginning September 30th will extend with each passing week.

BLACK Stripes and the RED Stripe will be awarded at undetermined Prep Classes. Candidates will be tested throughout regular Karate classes.

Candidates can attend Four Karate Classes Per Week. They MUST attend at least Two Karate Classes Per Week.

Candidates must attend at least One Tykes or White - Orange Belt Class per week to help Karate students with instruction.

Candidates must wear a CLEAN Red or Black Gi to the Prep Classes. Please bring a water bottle for the Break.

Prep Classes, Grading and Ceremony will be at Douvris Aylmer, 61 Symmes Street, Aylmer, Quebec.

Please contact us if you have any questions or concerns.

Thank you, Sensei Kirk

WORK - FOCUS - POWER - DETERMINATION - STRENGTH - SHARE YOUR PROGRESS - DO IT FOR YOU!

EARLY IS ON TIME. ON TIME IS LATE. LATE IS UNACCEPTABLE.